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# Woman's Day



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NOVEMBER 2015

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NOVEMBER 2015



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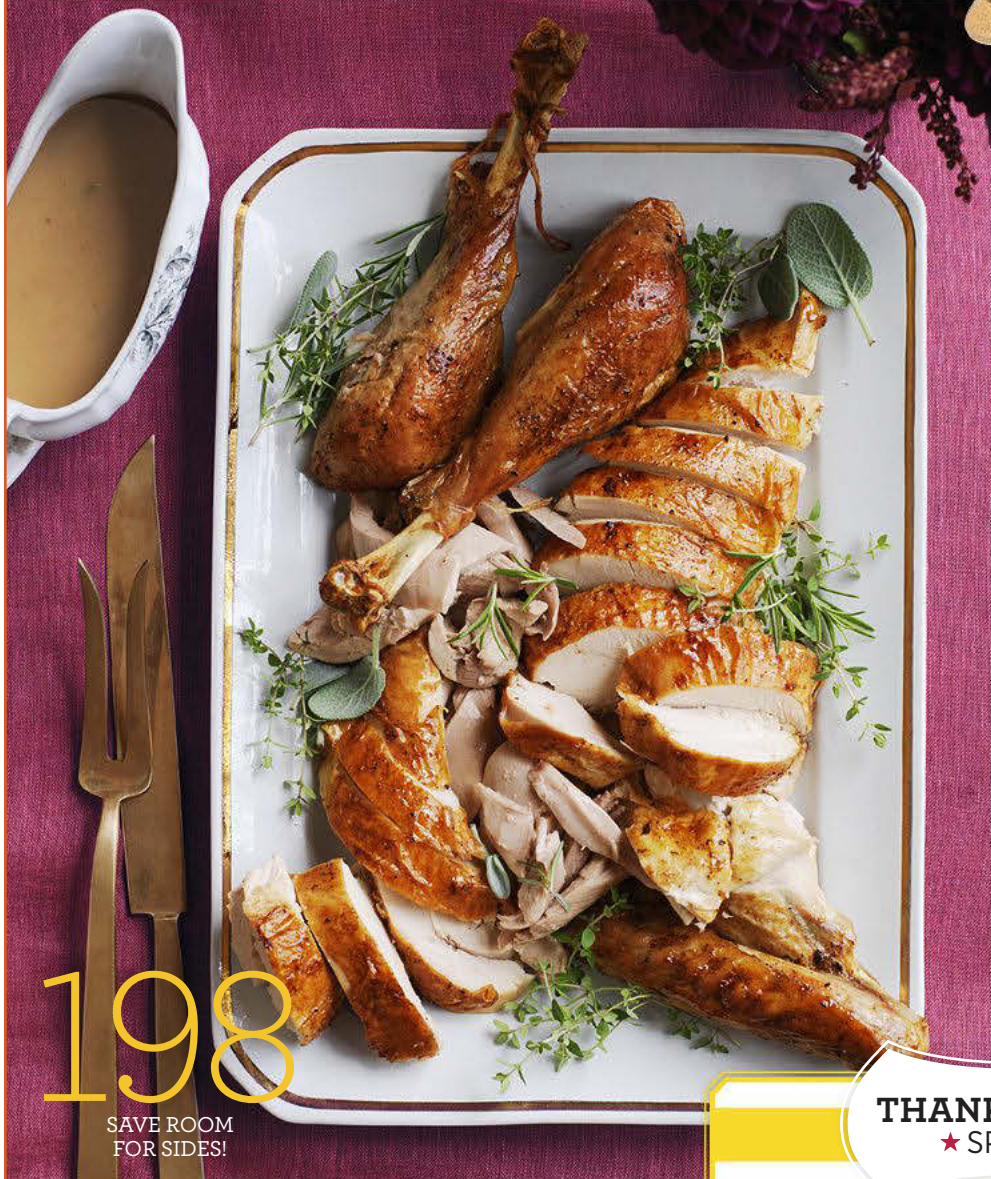
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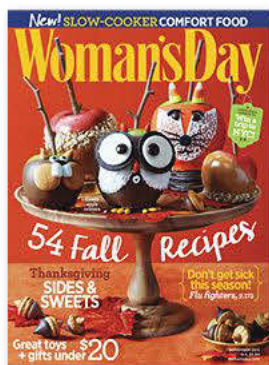
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Photographed by Christopher Testani  
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"Rejoice always; pray without ceasing; in everything give thanks..."

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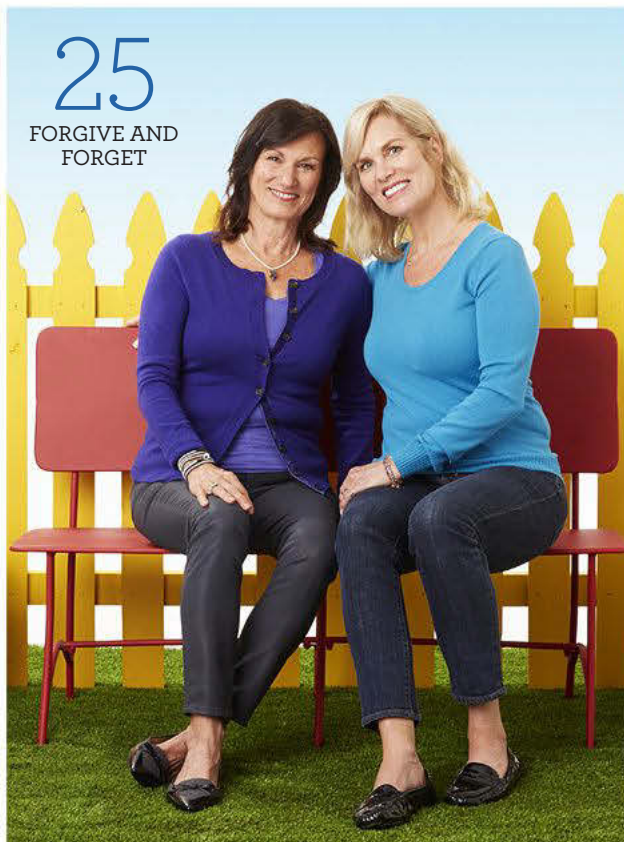
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WD

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# Plenty for Everyone

I've long thought that there's something inherently wrong with Thanksgiving dinner. Here's the problem: You have to eat a lot of food before you get to the best part of the meal—dessert. By then you're so stuffed that the sweets play second fiddle to Aunt Fran's green bean casserole and Mom's mashed potatoes. In my family, this never stops us from piling our dessert plates high, but the resulting food coma is perhaps less than desirable.

You could flip things and eat dessert first, but Aunt Fran might not be too pleased. Instead, the genius WD food department developed perfectly portioned mini desserts with all the flavors of Thanksgiving—pumpkin, cranberry, apple—so you really can enjoy a groaning table without lying groaning on the sofa afterward.

All this abundance stands in stark contrast to the continuing issue of food insecurity across the U.S. As part of WD's yearlong partnership with Feeding America, we're focusing on the people who are helping alleviate this immense problem and offering ideas on how you can do the same in your community. I've been volunteering at a food pantry in my town this year and have seen firsthand the unflinching generosity of the small group of dedicated folks who run it. It's a wonderful reminder of how a few hands can do a great deal of good.

Happy Thanksgiving from *Woman's Day*!

*Susan*

Susan Spencer  
Editor-in-Chief  
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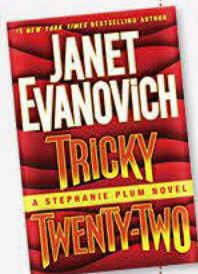
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Cranberry apple tarts, page 140.

## On My Reading List

I can't wait for the release of *Tricky Twenty-Two*, the next book in Janet Evanovich's bestselling Stephanie Plum series. Use the code WOMANSDAY for discounted tickets to a celebratory Plum Palooza party in Kissimmee, FL, on November 14. Learn more at [randomhousebooks.com/event/plumpalooza](http://randomhousebooks.com/event/plumpalooza).



## Enter for a chance to win!

### ATTEND THE WOMAN'S DAY RED DRESS AWARDS IN NYC

Join WD editors for a glamorous night celebrating the heroes of heart health. Our signature event will be held on February 9, 2016, in New York City. Prize includes two tickets, plus airfare and hotel.

Enter at [womensday.com/reddressawardssweeps](http://womensday.com/reddressawardssweeps).

See page 198 for details and go online for official rules.

JERGENS.

Leslie Mann

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# Dear Woman's Day

Stories, thank-yous and terrific tips from readers like you.



## Shared struggle

Thank you for publishing "I Had No Money for Food" [September 2015]. My husband and I recently dealt with job loss, so we can relate in many ways to the people in the article. I've found full-time employment again, but the story helped me see that I was not alone, and there are many others facing the same issues I experienced.

CAROL NINEHAN-MORALES, Staten Island, NY

» Read the article at [womansday.com/foodinsecure](http://womansday.com/foodinsecure).

## Monthly reflection

I always find the Bible verse in the table of contents to be a blessing. The September 2015 issue featured Romans 15:4, which is about finding comfort. My only son passed away a few months ago, and seeing this verse in print was so encouraging. I hope that others who are grieving will read the Scriptures and find the peace and hope my family found.

NANCY CABISIUS BROBERG, Evansville, WI

## Life saver

Thank you for "Slash Your Stroke Risk" [September 2015]. My husband had a stroke in June, so now we watch our sodium levels and read all the food labels. I cut out the *Woman's Day* article and refer to it daily for inspiration. I am thankful for my husband every day and I cannot stress enough how important it is to take care of yourself.

PATTI DREWNIAC, Miami

» Go to [womansday.com/strokerisk](http://womansday.com/strokerisk) for more tips on staying healthy.

## Sister, sister

It was so refreshing to read Beth Fowler's story and hear about her respect for religious traditions ["Fulfilling Her Destiny," July/August 2015]. My close friend became a nun after we both graduated from nursing school.

It was not at all what she thought she would end up doing, but she now has a joy-filled life caring for the elderly.

EMMA SAUTER, Ann Arbor, MI

» Visit [womansday.com/bethfowler](http://womansday.com/bethfowler) to read the essay.

"I MADE IT!"



“Two home-run recipes in the September 2015 issue! My whole family loved the Chicken Caprese, and the Chicken Cacciatore was so delicious I couldn't stop eating it! These will definitely be two of my go-to meals.”

ANGELA CHAMP  
Calgary, Alberta

» Find the recipes at [womansday.com/chickencaprese](http://womansday.com/chickencaprese) and [womansday.com/chickencacciatore](http://womansday.com/chickencacciatore).

SEND US YOUR  
FEEDBACK

Write to us at [womansday@hearst.com](mailto:womansday@hearst.com) or *Woman's Day*, 300 West 57th Street, New York, NY 10019. Submissions edited for length and clarity.

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Leslie Mann

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at your vet!

## Your Kind Acts

THE  
*kindness*  
PROJECT

Whether done solo or as part of a group, these generous deeds shared by our readers are a great example of what happens when action follows heart.

*On Veterans Day, our town sponsors an entry in the local fall parade. Previously the theme was a thank-you to Vietnam vets. This year we're honoring all veterans. They always receive a wonderful ovation as they walk down the street.*

VIRGINIA JOHNSON, Marshalltown, IA



Veterans marching in last year's annual Marshalltown Oktoberfest.

Support junior enlisted servicemembers and their families nationwide through the Armed Services YMCA's Operation Holiday Joy. Go to [asymca.org/programs/operation-holiday-joy](http://asymca.org/programs/operation-holiday-joy) to help make their season brighter. WD reader donations have totaled more than \$1.5 million!



Some Chicks, from left: Linda Walmsley, Roz Pamatat, Denise Chernof, Donna Gray, Bonnie Roberto, Gina Cavarretta.

» Survivor Chicks & Friends are breast cancer survivors who have volunteered at Brides Against Breast Cancer shows, fundraised for Susan G. Komen, danced in a flash mob for the American Cancer Society, driven chemo patients to treatments, and more. We help wherever we can!

GINA CAVARRETTA, West Palm Beach, FL

### WHO INSPIRES YOU?

Our son Noah contributed to Buddy Walk, a fundraiser my husband and I are a part of that brings awareness to Down syndrome, which his brother has. Hoping to raise \$20, he made and sold rubber band bracelets. He ended up making \$260!



CORI GUILLAUME, Carlisle, PA

Send your Kindness Project stories to [kindnessproject@hearst.com](mailto:kindnessproject@hearst.com). Stories may be edited for clarity and length.

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See page 198 for details and go online for official rules.

11 winners will receive a **B. Teepee** from **Battat**. Part of each purchase goes to Free the Children, which builds schools and educates kids in Africa, Asia and Latin America. Value, \$39.99.



10 winners will receive a **One World Futbol** from **One World Play Project**. It never goes flat, even when punctured! For every ball purchased, another is donated to kids in need. Value, \$39.50.



13 winners will receive a **1Face watch**. Each color supports a different charity, with options to give food or education to the needy, place an animal in a loving home, and more. Value, \$40.



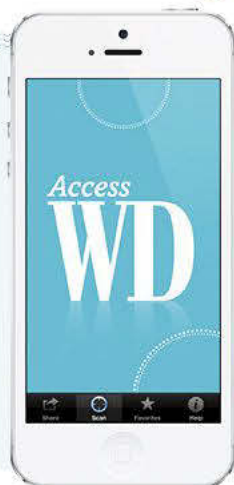
5 winners will receive a **Classic Red Cruiser** from **Radio Flyer**. The company has partnered with The Arbor Day Foundation to plant a tree for every bike purchased. Value, \$100.



25 winners will receive a **Cloud b SuperMax the Turtle** nightlight. A portion of the proceeds goes to the MaxLove Project, which helps families dealing with childhood cancers. Value, \$21.95.



Snap for a chance to win the products on this page. See below.



## SNAP FOR MORE WD

### Ready!

Download the free **Access WD** app on your smartphone device from the App Store or Google Play Store. Or visit [scannow.mobi/wd](http://scannow.mobi/wd) on your phone to download.



### Set!

Center your device 4 to 7 inches above the **Access WD** icon and let your camera focus until you hear a chime.

### Snap!

Look for these icons throughout the issue:



Snap to win



Snap to buy



Snap to watch



Snap to take a poll



Snap for a shopping list



Snap to see more

Enter all of our sweepstakes at [womansday.com/giveaways](http://womansday.com/giveaways)

# CHRONIC MIGRAINE

DOESN'T HAVE TO DERAIL ME



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To do ....

- ~~grocery store~~
- take the dog to vet friday ←
- \* Kids need new uniforms - order!
- ✓ send email to Jess + team
- ☐ Call Heather
- Make-up soccer game - 3:30 Sat.
- \* Flower show Saturday Night ✓  
↳ Babysitter?  
Jen?

⇒ Call gutter cleaner!  
Rick G.

After school  
night - Tuesday  
20th  
@ 6:30 PM

\* Order  
Shower invites ✓  
~~(Call Sheri for  
guest list)~~

To Dry Cleaners:

- suits
- dress
- coats

→ Lunch duty Schedules  
→ email out  
by Wednesday



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# Embrace the Day

INSPIRING IDEAS THAT MAKE YOUR LIFE RICHER



“Surrender before the miraculous scope of human generosity and...just keep saying thank you, forever and sincerely, for as long as we have voices.”

**ELIZABETH GILBERT**  
Author



➤ **NUT BOWL**  
Double Dish, \$20;  
[josephjoseph.com](http://josephjoseph.com)



➤ **CUTE CUTTERS**  
Cheese Knives  
Mice Set of  
3, \$17.50;  
[kikkerland.com](http://kikkerland.com)

# Fun Finds \$20 & Under

These perfect-for-entertaining picks make lovely hostess gifts, too.

**DESSERT SET**  
Gold Rimmed Cake Platter  
and Serving Piece, \$14.99;  
at HomeGoods stores



➤ **BIRD'S DONE!**  
Turkey Timer, \$17;  
[kikkerland.com](http://kikkerland.com)



➤ **SEAT ASSIGNMENTS**  
Thankful Forest Placecards,  
\$7.50 for 8; [riflepaperco.com](http://riflepaperco.com)



» **TOOTHPICK DISPENSER**

Qualy Lotus  
Toothpick Holder,  
\$13; [designideas.net](http://designideas.net)



» **SPARE CHAIR**

Nisse Folding Chair,  
\$14.99; [ikea.com](http://ikea.com)



Snap to buy the  
products on  
these pages.  
Get the WD app,  
page 14.



» **CARRY-OUT CONTAINERS**

Thanksgiving Pie-Slice Boxes, \$4.99 for 4, and To-Go Cups, \$5.99 for 6; [worldmarket.com](http://worldmarket.com)



» **EASY SPREAD**

Purple Haze Goat Milk Cheese,  
\$6.50; [cypressgrovechevre.com](http://cypressgrovechevre.com)



» **POP-UP TABLE DECOR**

Fancy Fold Napkins,  
\$9.95 for 12;  
[parksidepapers.com](http://parksidepapers.com)



» **APPETIZER WARMER**

3 Quart Slow Cooker, \$19.99; [hamiltonbeach.com](http://hamiltonbeach.com)



## CLEVER USES FOR

# Steel Wool

This wire sponge is surprisingly flexible.

1

**Prevent clogs**

When your pet needs a bath, place a wad of steel wool over the tub drain to catch loose hair before it travels into the plumbing.

Be sure to promptly remove so the drain cover doesn't rust.

2

**Sand woodwork**

Unlike sandpaper, extra-fine steel wool conforms to irregular shapes, like curved table legs or doorway molding. Use it to smooth a primed surface or clean up drips between paint coats, then wipe away any dust with a damp cloth.

3

**Keep pests out**

Look for gaps around doors or holes where electrical or cable lines enter the house, then fill with steel wool, which mice and other rodents can't chew through. For more permanent results, patch with the same wall material or fill with spray foam.

4

**Remove scuffs**

Use a piece of extra-fine steel wool to remove dirt and marks on rubber shoe soles. It works quicker than a toothbrush with less elbow grease.

5

**De-gunk car rims**

Skip the bulky brush and opt for extra-fine steel wool, which easily fits between spokes. Combined with dish soap, it cuts through grime and grease so metal rims and wheel covers shine again.

**DID YOU KNOW?**

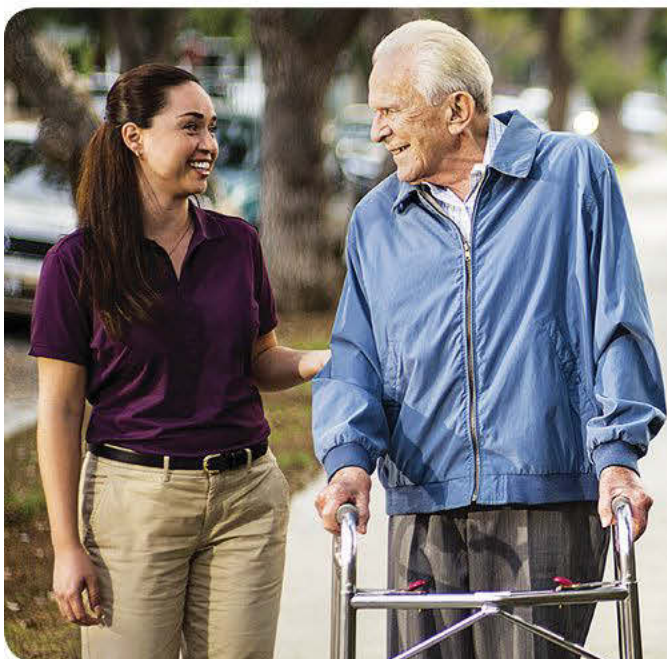
Steel wool became popular around World War I, when aluminum cookware replaced cast iron.

SOURCES: Tony Cacciotti, plumbing manager, A.J. Perri. Jason Cameron, licensed contractor and host of DIY Network's *Sledgehammer*. Linda Cobb, [queenofclean.com](http://queenofclean.com). Danny Lipford, home-improvement expert, [todayshomeowner.com](http://todayshomeowner.com).



# the lost walker

a sign your aging parent needs help



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# Clinton Makes Over... Pumpkin Spice

This warm, comforting flavor is everywhere—from lattes to lollipops. You can't escape it, so you might as well embrace it! I've started making my own spice mixture because it's better (and cheaper) than the prepackaged stuff, and I add it to all kinds of treats to satisfy my cravings. Here are a few of my favorites:



**CLINTON KELLY**

WD's columnist is cohost of ABC's *The Chew*. Email him your home, food or style questions: [WDfeatures@hearst.com](mailto:WDfeatures@hearst.com).

## DIY PUMPKIN SPICE MAKES ½ CUP



3 Tbsp ground cinnamon



2 tsp ground ginger



2 tsp ground nutmeg



1 tsp ground allspice



1 tsp ground cloves

Be sure to store the spice blend in an airtight container.

## 1 Buttercream dream

Smooth, creamy buttercream gets a spicy kick that will have Grandma arm-wrestling Grandpa for the right to lick the beater. Use it to top cakes and cupcakes or finish off these spiced sticky buns.

### PUMPKIN-SPICED BUTTERCREAM

ACTIVE 5 MIN ♦ TOTAL 10 MIN ♦ MAKES ¾ CUPS

- |  |   |
|--|---|
| <p>1 lb confectioners' sugar</p> <p>1½ Tbsp pumpkin spice</p> <p>1 cup (2 sticks) unsalted butter, at room temperature</p> <p>2 Tbsp heavy cream</p> <p>2 tsp pure vanilla extract</p> | <p>Sift the confectioners' sugar and pumpkin spice into a large bowl. Using an electric mixer, beat the butter on medium speed until creamy, about 2 minutes. Reduce speed to low and gradually add the sugar mixture, alternating with the heavy cream. Mix in the vanilla. Increase the speed to high and beat until fluffy, about 2 minutes.</p> |
|--|---|

## 2

### Pump up baked goods

Give desserts a seasonal twist by replacing the spices in your favorite recipe with the equivalent amount of DIY pumpkin spice. If there are no spices, add ¾ tsp pumpkin spice per 1 cup flour. (You may want to avoid commercial pumpkin pie spice because it often contains sulfiting agents, which prevent rising.)

**Try it in...**

Sticky buns, banana bread, snickerdoodles, blondies

## 3 Snack on it

I'm nuts about mixed nuts! They're a super-satisfying, protein-packed snack and, topped with this spice blend, a great hostess gift.

### FABULOUS FALL NUTS

In a medium bowl, whisk together 1 large **egg white** and 1 tsp **water**. Add 1 heaping Tbsp **sugar**, 2 tsp **pumpkin spice** and ¼ tsp **salt**. Fold in 3 cups **mixed nuts** (almonds, pecans, walnuts, peanuts and cashews). Transfer to a parchment-lined baking sheet and cook until dry and toasted, 10 to 15 minutes.

Want more **CLINTON KELLY**? Watch him on TLC's *Love at First Swipe* and ABC's *The Chew*, or go to [clintonkelly.com](http://clintonkelly.com).

PROMOTION

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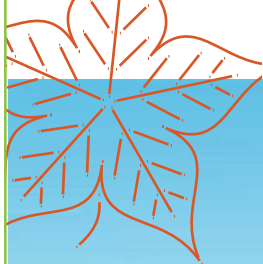
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# Mending FENCES

Hurting someone else can weigh heavily on your conscience. But as these women learned, making amends with those you love can do a lot more than right a wrong.

AS TOLD TO GILLIAN ALDRICH AND JANE BIANCHI

“

I WANTED MY FRIEND TO SUPPORT ME—NO MATTER WHAT!”

says Robin Fox (left), 63, of Clinton, CT, with Pamela Miles, 56, of Ridgefield, CT.



Pam and Robin were close for decades, until Robin was in what Pam felt was an unhealthy relationship. Then things fell apart.



**Robin:** I met Pam when we were young, back in the '70s. We liked each other immediately and would get together to shop, have lunch, talk and share our dreams. Years later, Pam was my birth coach and helped me deliver my daughter. I trusted her completely to be there for me—and to be honest with me.

**Pam:** We connected like sisters. I love that she is so creative, musical and has a great sense of humor. We have been there for each other, even through both our divorces.

**Robin:** In 2003, I started dating a guy who just wouldn't make time for me—he always had other plans. I kept trying to ignore that, because I liked him so much. When I'd talk to Pam, she'd say, "Robin, this doesn't sound like the committed relationship you told me you wanted." That was not what I wanted to hear.

**Pam:** Meanwhile, I'd met my boyfriend (now my husband) and things were coming together for us. I was so happy, and I wanted Robin to be happy for me.

**Robin:** I wanted to be, but the contrasts in our relationships were hard to take. I also needed to feel she supported me, even though I chose to be with a guy who wasn't making me happy.

**Pam:** Robin wasn't able to share in my happiness, and that was really painful. And it was hard to see her in a relationship that made her unhappy. I loved her more than she loved herself, and I couldn't just pretend it wasn't happening.

**Robin:** I couldn't confide in her when I was upset, because I didn't want to hear what she had to say. Things got really tense, and I basically stopped calling her for three years. It took me that long to figure out that she was right, that breaking up with him was what I had to do if I valued myself. I finally let him go. I knew I wanted to apologize to Pam. I missed my dear friend.

**Pam:** I was happy to hear from Robin, but she'd really hurt me. I did not want to go through that again. Going forward, I told her, "You have to communicate with me. If I'm going to invest myself, I need to know that we're going to work through things." She agreed.

**Robin:** I let her know how much I valued her and how sorry I was that I handled things the way I did. And we moved past it. There's this magical thing that happens between friends, something intangible that's profound. You know it when you feel it, and it's a treasure.

**Pam:** I'm so glad she's in my life again.

## APOLOGY NOT ACCEPTED

If your attempt to make amends falls on deaf ears, ask yourself:

Not expressing remorse or uttering the words "I'm sorry" makes an apology sound insincere, adding insult to injury.

As in, "I'm sorry I dated your ex, BUT you weren't married to him anymore." That is a justification, not an apology.

Evasive apologies ("Mistakes were made," "I'm sorry you feel that way") sound insincere. Acknowledge what you did wrong and how the other person feels.

If you don't offer the injured party a chance to express her feelings, you're not making it right.

If what you did caused a financial loss for the other person, and you can pay her back, you should.

Forgiveness may come later, or not at all. You can only control your half of the equation, and let her know you are open if she ever wants to discuss it.

SOURCE: Guy Winch, PhD, author, *Emotional First Aid: Healing Rejection, Guilt, Failure and Other Everyday Hurts* (Plume, 2014)



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## I LET MY SON DOWN."

CYNTHIA PATTERSON, 51, Houston

**T**his single mom worked round-the-clock to be a good role model and provide for her son, Michael. It wasn't until he was an adult that she realized what he'd needed most was her.

**Cynthia:** I wanted my son to have opportunities, so I worked hard for my degree and climbed the corporate ladder. Later I became a minister at our church. But Michael was an angry kid. In ninth grade, he began skipping school, getting into fights and acting disrespectful.

**Michael Lopez, 25:** In high school, I'd say things like, "Man, you care about this ministry more than me!" I understood she had to work, but I missed her, too.

**Cynthia:** When he was 19, Michael had his second violent incident in a month. That's when I said, "I'm done." I was so tired of his drama. We barely communicated at all.

**Michael:** Then in 2013, I had my daughter, Brielle. I'm working a lot to support her, and it can be hard.

**Cynthia:** I tried to help, and one day, I was giving him advice and he yelled at me, saying that I was in no position to give parenting lessons! Furious, I asked him to leave. "This is what you always do!" he shouted. Then he started crying like I hadn't seen since he was little. That's when I realized that Michael was really hurting. I promised to listen.

**Michael:** I told her that I questioned her loyalty sometimes. I'd needed her over the years and I felt like if someone else had needed her, she'd have been there.

**Cynthia:** That stung, but he was right. I was never

home. I didn't know his girlfriends or go to his basketball games. I used to think, *Why did I get this angry child?* It never occurred to me that I was the cause of his anger. We both cried. "I am so, so sorry," I said with all my heart. "I didn't see how much I hurt you." I told him I wished I could go back and do things differently. Would he forgive me and allow me the chance to make up for my mistakes? It took time, but that was a new beginning.

**Michael:** Now that she's said she's sorry and explained all she had going on, I get it. She's helping me raise my kids (I have a son now, too), teaching me how to be a good father. Our bond is unbreakable.

Cynthia,  
Michael and  
baby Brielle,  
now 2.



## MY SECRET ALMOST RUINED MY MARRIAGE."

KIM HARDY, 48, Marietta, GA

**W**ithout telling her husband, Kim kept her business afloat by going into \$40,000 of debt on their credit cards. When he found out, their trust was broken.

**Kim:** I'll never forget the shock and disappointment on my husband's face when I came home in 1999 and saw him at our table, surrounded by bills.

**Dexter Hardy, 55:** At first I thought it had to be some kind of mistake! Then I just blurted out questions—why? How? I remember having my head in my hands and just repeating, "How could you do this to me?"

**Kim:** I knew I'd wrecked our finances, but at that moment it hit me that I'd also destroyed his trust—and possibly our marriage. I felt so much remorse and shame. Of course I apologized, but I knew words weren't enough. I cried and begged Dexter to give me the opportunity to try to fix it. He seemed almost numb, which was terrifying to me.

**Dexter:** When Kim first told me, I felt so deceived and shocked. She hadn't even told me the business was in trouble.

**Kim:** I think I was trying to keep it going because it made me feel significant. But we weren't sharing enough with each other at that time.

**Dexter:** I had so many emotions at once that I couldn't really talk to her for days. But I wasn't going to leave. Eventually, we started talking about how to fix this mess—not huggy-lovey, but a conversation. We cut up our credit cards immediately.

**Kim:** I closed the business and got a regular job, so we had some steady income, and we put ourselves on a tight budget. And we went to counseling.

**Dexter:** Even after I forgave her, I thought, *Am I going to be able to trust her?* That question might have been in the back of my mind for a couple of years. It was a process. And whenever we had to miss out on something because of our debt, I felt the anger and hurt all over again.

**Kim:** I just kept saying how sorry

I was, both for the debt and the pain I caused. For close to a year, Dexter checked up on me when I said I'd paid a bill. But I understood. Both of us worked on being more open and connected to our faith, and within two years, I felt like I had really regained Dexter's trust. I'm so grateful he gave me another chance.

**Dexter:** One of the things we learned is that we had to be much more involved in each other's lives. Today, our relationship is more open and honest than it's ever been.



Kim and Dexter now counsel others.



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Roxann Peniche



# Home

## WARM *Light*

The secret to (safely) enjoying a pretty glow in any room? Pair faux candles that look, feel and smell like the real thing with decorative holders.



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The **Malta Lantern** (\$34; [potterybarn.com](http://potterybarn.com)) is the perfect size for a mantel or hearth.

PROJECT  
DECLUTTER

# Dining Room



*Clutter happens  
when you haven't  
decided where  
an item lives,"  
says Lorie.*

# MAKEOVER

WD's organizing pro and Cost Plus World Market help a reader transform an overstuffed, underused space into an inviting place to gather the family.

PHOTOGRAPHED BY ALEXANDRA ROWLEY



## THE HOMEOWNER



**Mara Manson**  
HUNTINGTON, NY

A recent empty nester, Mara wants to reclaim her dining room so she has somewhere to host family dinners when her college-age kids are home for the holidays.

But with nowhere to sit, never mind eat, the room operates more like a storage space than a place for entertaining. "We clear off the table for meals from time to time, but the corners are always full of junk," she says.

## THE EXPERT



**Lorie Marrero**  
CREATOR, THE CLUTTER DIET  
[CLUTTERDIET.COM](http://CLUTTERDIET.COM)



## CLUTTER CHALLENGE

1

Outerwear, sports equipment—even snow supplies like shovels and ice melt—spilled over into the dining room because the nearby entryway closet was full.

Lorie had Mara divide the closet's contents into "things used daily" and "things used rarely." The latter were tossed, donated or put in storage, then everyday items were returned to the closet—but not before Lorie streamlined the coat hangers to save space. She also removed the lower rod

to make room on the floor for seasonal tools, shoes and a new rolling cart, which now corrals scarves, hats and gloves. Lorie also recommended tucking off-season accessories in open bins on the top shelf. "I don't have to search for stuff anymore, which means things stay organized!" says Mara.



BEFORE



This organizer >> rolls out so Mara can see what's inside.

## CLUTTER CHALLENGE

2

Since Mara's family doesn't use the dining room regularly (plus there's little storage), piles of junk built up—and up.

"As soon as you say 'I'll leave it here for now,' you've created clutter," says Lorie. "So much in these piles needed to be returned to or given a home elsewhere." With this in mind, Mara hauled everything from windshield washer fluid to lacrosse sticks to the garage, then moved board games and party supplies to the basement. To organize the remaining display-worthy books, serving pieces and keepsakes, Lorie suggested a pair of airy shelves. "When something looks beautiful, you won't want to put anything else there," she says.

When it's >> not holding flowers, this sculptural vase works as a bookend.



Neat rows of Mara's cookbooks decorate the open shelves.



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A symmetrical arrangement makes the room feel orderly.

## CLUTTER CHALLENGE

3

The dining room doubles as an office because there's no room elsewhere in the house to pay bills or spread out to do work.



Dinner guests will never know there's a supply stash in the sideboard.

"It's OK to use a room for more than its intended purpose," says Lorie. "The key is tucking the evidence behind closed doors!" To create a spot for office supplies, Lorie replaced Mara's original console (which only had two small drawers) with a handsome sideboard that provides plenty of compartments and complements the new table and chairs. Lorie had Mara dedicate the top drawer to smaller essentials, then hid her wireless printer, laptop and a tray for unpaid bills in one of the spacious side cabinets. In the other cabinet, she put extra plates, glasses and vases, then she stacked table linens and utensils in the remaining two drawers.



### All items donated by Cost Plus World Market:

- 3-Shelf Gavin Rolling Cart (\$129.99)
- Madras Rectangular Baskets (from \$24.99)
- Dillon Ladder Bookshelf (\$159.99 each)
- Wood Garner Sideboard (\$499.99)
- Wood Garner Extension Dining Table (\$599.99)
- Rustic Java Greyson Side Chair (\$299.98 for 2); all available at [worldmarket.com](http://worldmarket.com)

MORE PRODUCTS: SHOPPER'S GUIDE, PAGE 198

**GOT CLUTTER?**

**HAVE A MESSY ROOM OF YOUR OWN?** Write to [whome@hearst.com](mailto:whome@hearst.com) for a chance to work with Lorie.

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# QUICK Holiday

## Autumn

### INTO THE WOODS

For the coziness of a log cabin, add in earthy greens and rustic accent pieces.

#### « TARTAN TOPPER

Stag Plaid Table Runner, \$24.99; [worldmarket.com](http://worldmarket.com)

#### PLATE UPDATE

Faux Wood Veneer Charger, \$4.99; [worldmarket.com](http://worldmarket.com)

#### » EVERGREEN LIGHTS

Green Tree Candles, \$12.95 and \$32.95; [crateandbarrel.com](http://crateandbarrel.com)

#### SWEATER-LIKE SOFTNESS

Cable Knit 18" x 18" Pillow Case, \$50; [katerynag.etsy.com](http://katerynag.etsy.com)

#### » WOODSY SCENT

Balsam and Fir Relish Diffuser, \$29; [paddywax.com](http://paddywax.com)

### FALL HARVEST

These additions are a pretty reminder to give thanks for a warm place to call home.

#### » WELCOME GUESTS

Threshold Gather Doormat, \$12.99; [target.com](http://target.com)

#### PUMPKIN DISH

Pumpkin Salad Plate, \$9.95; [pier1.com](http://pier1.com)

#### » GOBBLE, GOBBLE

Turkey Trot Tea Towel, \$6.95; [crateandbarrel.com](http://crateandbarrel.com)

#### » NATURAL GLOW

Pumpkin Farmhouse Botanical Round Candle, \$44; [rosyrings.com](http://rosyrings.com)

#### » FAUX FLOWER

Sunset Mum Napkin Ring, \$3.95 each; [pier1.com](http://pier1.com)

# Decorating

Instead of decking the halls, walls, windows and everything else in your home, display a few affordable pieces that you can easily swap out from season to season.

## Winter

### VINTAGE CHRISTMAS

Choose iconic colors and retro designs for a very merry holiday.

#### » CANDY CANE SERVER

Red & White Striped Mixing Bowl, \$19.95; [crateandbarrel.com](http://crateandbarrel.com)



#### » SPECIAL DELIVERY

Decorative Red Metal Truck, \$20; [target.com](http://target.com)



*Customize with any color ribbon!*



#### KITCHEN TRIMMING

Red & Green Angels Kitchen Towel, \$5.99; [worldmarket.com](http://worldmarket.com)

#### » DOOR SWAG

6" Preserved Boxwood Ball, \$21; [jamali.com](http://jamali.com)



#### FOOT WARMER

Santa Belt Bath Rug, \$29.99; [kohls.com](http://kohls.com)

### FROSTY WONDERLAND

Enjoy a modern mix of metallics and white even after you ring in the new year.

#### « TABLETOP TREES

Threshold White Ceramic Trees with Gold Detailing, \$19.99 and \$16.99; [target.com](http://target.com)



#### « WINTER SCENE

Illuminated Wooden House, \$29; [grandinroad.com](http://grandinroad.com)



#### FESTIVE MANTELPiece

Gold Pinecone Wreath, \$59.99; at Michaels stores



#### » SPECIAL SNOWFLAKE

Flurry Ivory Pillow, \$44.95; [crateandbarrel.com](http://crateandbarrel.com)



#### « GET CRACKIN'

15" Gold and White Nutcracker with Crown, \$22.60; [nutcrackerballetgifts.com](http://nutcrackerballetgifts.com)



# Design Made Easy

Home editor **Andriana Verdi** brings you must-try DIYs and pretty updates for every budget.

## DIY painted baskets

I turned my plain woven catchalls into decorative accent pieces with this easy project. Use painter's tape to mark off a design (I chose triangles and stripes), then apply craft paint with a foam roller and/or paintbrush. For overlapping patterns, you'll need to let the first layer dry before taping and painting the rest of the design.



Snap to watch a video of how to paint baskets. Get the WD app, page 14.

## ELEVATE DESSERT

These charming cake stands will dress up your table and holiday treats.

- 1 Get the look of milk glass for less with the 8.75" **Jade Colored Glass Pedestal** (\$19.99; [worldmarket.com](http://worldmarket.com)).
- 2 The **Renaissance 10" Footed Cake Plate** (\$16.99; [wayfair.com](http://wayfair.com)) is a bright twist on traditional crystal.
- 3 For an unfussy tablescape, try the 13" **Vintage Wood Carved Cake Stand** (\$59; [potterybarn.com](http://potterybarn.com)).



## PUT PLATTERS ON DISPLAY

To convert a shallow shelf into a plate rack, have 1" molding cut at the hardware store to the width of the shelf, then use corner braces (\$1.97 for 4; [homedepot.com](http://homedepot.com)) to attach it about a third of the way up, as shown.



## TEA TIME

Pour your next cup from the **Wayne Teal Teapot** (\$24.95; [cb2.com](http://cb2.com)). It's made of porcelain, but has a matte silicone coating that makes it dishwasher-safe.



# the TOY INSIDER™

The Source for the Hottest Toys and Gifts for the Holidays



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A ROOM FULL OF THE  
HOTTEST TOYS!



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music creation in the  
**Imagicademy app** and  
play it back any time!



Disney  
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## WELCOME

We are so excited to bring you the 10th annual Toy Insider Holiday Gift Guide, featuring the best toys and games for every child on your holiday shopping list! This year's guide is packed with a brand new selection of toys for children of all ages, and remember: all kids learn through play, so be sure to check out our handy skill key located on the Hot 20 page, which shows you exactly which skills and developmental benefits kids can gain from each toy on our list.

In addition to our Hot 20 list of the hottest toys sure to sell out in no time, be sure to check out our Top Tech 12—a guide to the best tech toys on the shelves. From baby's first grab for your iPhone to toys that can actually hold conversations, technology is everywhere, and we've selected the coolest new tablets, high-flying drones, and even interactive robots with tons of play value.

Toys that enhance kids' knowledge of science, technology, engineering, and math (STEM) have exploded in popularity over the last few years. This year, we're excited to introduce the first-ever STEM 10, a list of the coolest STEM toys that will teach kids all about these important fields of study while keeping them entertained for hours.

The following pages contain many of our favorite toys for the holidays, and you'll find even more of our top picks on [toyinsider.com](http://toyinsider.com). There, we've included an expanded selection of the best toys of the season, plus product reviews, toy trends, fun videos, and tons of giveaways! You can also watch videos of Toy Insider Mom Laurie Schacht and the team talking about and demonstrating many of our selections.

Be sure to snap this Access WD icon to enter our sweepstakes. You could win a room full of toys! Get the free mobile app for your phone at [scannow.mobi/wd](http://scannow.mobi/wd). Three lucky runners-up will also receive great prizes.

We've been your go-to experts for top toy selections for the last 10 years, and we are very much looking forward to another decade of play. Enjoy the Toy Insider, THE source for the hottest toys and gifts of the holiday season!

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the  
**TOY INSIDER**

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### ENTER FOR A CHANCE TO WIN A ROOM FULL OF TOYS!

NO PURCHASE NECESSARY TO ENTER OR WIN. "Room Full of Toys" Sweepstakes. Sponsored by The Toy Insider LLC. **Enter between 12:01 am (ET), October 13, 2015 and 11:59 pm (ET) December 14, 2015.** Visit [WomansDay.com/TheToyInsider](http://WomansDay.com/TheToyInsider), and complete and submit the entry form pursuant to the on-screen instructions. Odds of winning depend upon the total number of eligible entries received. Sweepstakes open to legal residents of the 50 United States and the District of Columbia, ages 18 years of age or older at the time of entry. Void in Puerto Rico and where prohibited by law. For complete rules go to [www.WomansDay.com/TheToyInsider](http://www.WomansDay.com/TheToyInsider).



Co-Publishers Jonathan Samet and Laurie Schacht





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## 0-2 YEARS

# HOT 20

Our *Toy Insider* panel of experts has selected these as some of the hottest toys for the holiday season. Whether they're based on a favorite TV show or movie character, selling out in stores, or just a whole lot of fun, these toys will be at the top of many kids' wish lists. Every child has different needs and passions, so be sure to consider each age segment and visit our website, [toyinsider.com](http://toyinsider.com), for even more great holiday toys and gifts for kids of all ages.



**BRIGHT BEATS SMART TOUCH PLAY SPACE, 6 MOS+**  
The interactive light bar responds to baby's touch with music, lights, and songs. Grows with baby and teaches colors, numbers, the alphabet, and cause and effect, while keeping baby busy with ball ramps, a spinner, and more. FISHER-PRICE, [www.fisher-price.com](http://www.fisher-price.com)



**GO! GO! SMART WHEELS ULTIMATE RC SPEEDWAY, 1+**  
Speed through four action zones and zoom over nine SmartPoint locations using the steering wheel-shaped remote control. Includes 4.5 feet of interchangeable track, and features a stunt ramp, elevator, movable gears, and more. VTECH, [www.vtechkids.com](http://www.vtechkids.com)



**PLAY ALL DAY ELMO, 18 MOS+**  
This lovable monster features more than 150 responses and eight games and activities. Tickle Elmo's belly, hold his hand, give him a kiss, or clap his hands together. Features two play settings for toddlers and preschoolers. PLAYSKOOL, [www.hasbro.com](http://www.hasbro.com)



**TOMY TODDLER TOYS JUMBO JAMBOREE, 1+**  
When pushed along, this one-man-band plays five instruments at the same time. Each body part can be removed and played separately, including the saxophone nose, jingle bell ears, a drum, a harmonica, and a xylophone. TOMY, [www.tomy.com](http://www.tomy.com)

## 3-5 YEARS



**DISNEY FROZEN SING-A-LONG ELSA, 3+**  
Girls can pass the included microphone back and forth between themselves and Elsa to sing the full-length song "Let It Go" together. Elsa's necklace and dress light up, and she says more than 15 phrases in both English and Spanish. JAKKS PACIFIC, [www.jakks.com](http://www.jakks.com)



**DOC MCSTUFFINS PET VET CHECKUP CENTER, 3+**  
Findo is ready for his checkup! Kids can slide in multiple play x-rays to activate lights and sounds, use the scale to weigh animals, and give them a bath with a pretend water sprayer. Includes an electronic stethoscope and more. JUST PLAY, [www.justplayproducts.com](http://www.justplayproducts.com)



**FURREAL FRIENDS STARLILY, MY MAGICAL UNICORN, 4+**  
This interactive unicorn features more than 100 sound and motion combinations and responds to a child's touch. Her horn lights up as she moves her head, flutters her wings, and opens and closes her eyes. A companion app offers even more interaction. HASBRO, [www.hasbro.com](http://www.hasbro.com)



**GIANT LEONARDO PLAYSET, 4+**  
This giant 24-inch articulated Leonardo Ninja Turtle action figure transforms into a sewer lair play set. It features spring-activated surprises, false floors, a skate park, and more. Includes an 18-inch Katana sword. Compatible with most basic TMNT action figures. PLAYMATES TOYS, [www.playmatestoys.com](http://www.playmatestoys.com)



**IMAGINEXT ULTRA T-REX, 3+**  
This 2.5-foot dino walks forward and roars. With a press of his power pads, his eyes light up and his mouth opens and closes with chomping sound effects. He comes with three Imaginext figures and launchable boulders and projectiles. FISHER-PRICE, [www.fisher-price.com](http://www.fisher-price.com)



**MINIONS INTERACTIVE ACTION FIGURES, 4+**  
Minions Kevin, Stuart, and Bob (sold separately) speak phrases from the *Minions* movie and make funny sound effects as they interact with their accessories. Each figure has articulated arms and a soft skin upper body. THINKWAY TOYS, [www.thinkwaytoys.com](http://www.thinkwaytoys.com)

## 6-8 YEARS

**DISNEY DESCENDANTS SIGNATURE OUTFIT DOLL ASSORTMENT, 6+**

Meet the teenage descendants of Disney's heroes and villains wearing their enchanted signature looks from the movie. These dolls each come with rooted hair, a stylish outfit, an iconic locket, and a sticker.

HASBRO, [www.hasbro.com](http://www.hasbro.com)

**LITTLE LIVE PETS CLEVER KEET, 6+**

The smartest bird you'll ever meet, Clever Keet can remember phrases and mash them up to form all-new sentences. He can ride around on his cart, swing on his perch, and dance in his mirror.

MOOSE TOYS, [www.moosetoys.com](http://www.moosetoys.com)

**SHOPKINS SCOOPS ICE CREAM TRUCK, 6+**

Kids can wheel around their Shopkins friends on-the-go with this season three play set. Features secret storage compartments to hide your Shopkins and includes two exclusive Shopkins characters and new exclusive shopping bags.

MOOSE TOYS, [www.moosetoys.com](http://www.moosetoys.com)

**SKYLANDERS SUPERCHARGERS, 6+**

The popular toys-to-life video game franchise now includes vehicles! With 20 new characters, kids can speed across Skylands in vehicular combat, race down roaring rapids, and engage in aerial battles. Story-driven gameplay also includes on-foot adventures.

ACTIVISION, [www.activision.com](http://www.activision.com)

**STAR WARS BLADEBUILDERS JEDI MASTER LIGHTSABER, 6+**

Build your own lightsaber! This set comes with components to create more than 100 combinations. The set features lights and sounds, two independently lit lightdaggers, an expansion hilt, two elbow connectors, and more!

HASBRO, [www.hasbro.com](http://www.hasbro.com)

**STAR WARS: THE FORCE AWAKENS BATTLE ACTION MILLENNIUM FALCON, 6+**

This iconic ship opens up into a play set featuring a pop-up blaster that fires Nerf Elite darts, a turbolaser turret, light-up LED cannons, hyperdrive sound effects, and more! Includes exclusive Chewbacca, Finn, and BB-8 3.75-inch figures.

HASBRO, [www.hasbro.com](http://www.hasbro.com)

## 9+ YEARS

**DISNEY INFINITY 3.0 EDITION, 10+**

Play as Star Wars characters, battle with lightsabers, and fly Star Wars vehicles! Kids can also play as characters from Disney, Disney•Pixar, and Marvel franchises. Experience fully immersive Play Sets and new Toy Box expansion games.

DISNEY INTERACTIVE, [www.disneyinfinity.com](http://www.disneyinfinity.com)

**GIRL SCOUTS COOKIE OVEN, 9+**

Make your own Girl Scout cookies all year long! This real working oven comes with tools and mixes that allow kids to make cookies that taste just like the real thing. A warming station allows for melting cookie coatings and frostings.

WICKED COOL TOYS, [www.wickedcooltoys.com](http://www.wickedcooltoys.com)

**LEGO DIMENSIONS STARTER PACK, 10+**

Merge physical Lego brick building with interactive console gameplay. Includes a Toy Pad to transport special Lego minifigures and vehicles into the game, bricks to build the Lego Gateway, and three Lego Minifigures: Lego Batman, Lego Gandalf, and Wyldstyle, plus the Lego Batmobile.

WARNER BROS. INTERACTIVE ENTERTAINMENT, [warnerbros.com](http://warnerbros.com)

**LEGO ELVES THE ELVES' TREETOP HIDEAWAY, 9+**

Enter the magical world of the Lego Elves and join their quest! This buildable play set includes three mini-doll figures plus Enki the panther cub, accessories, a magical portal, a secret compartment, and more.

THE LEGO GROUP, [www.shop.lego.com](http://www.shop.lego.com)

## TOY SKILL KEY

**Development of Large & Small**

**Motor Skills:** Improve hand-eye coordination skills with detailed active play, develop balance and dexterity, and improve physical awareness.



**Social Interaction:** Encourage team play and foster close relationships with challenging and competitive activities or shared role-play interactions.

**Emotional & Social Intelligence:**

Develop art, music, language, and social skills. Explore creative, imaginative play and role-playing.



**School Readiness:** Support math, logic, and spatial skills. Enhance language, reading, and writing skills. Discover science, nature, and exploration.



**Tech Smarts:** Enhance knowledge of the Internet, computers, programming, digital imaging, wireless communication, motors, and circuitry.



**Walmart Availability:** Products with this icon are available at Walmart stores nationwide, and/or through [walmart.com](http://walmart.com).

# TOP TECH 12

These forward-thinking tech-based toys incorporate the latest in digital play, creativity, and innovation.



## ANKI OVERDRIVE STARTER KIT, 6+

FlexTracks easily snap together, allowing players to quickly create customized battlefields. Face off against friends or AI cars using high-tech, intelligent vehicles. Built-in computers combined with visual sensors ensure players stay on track even during the most legendary battle moments.

ANKI, [www.anki.com](http://www.anki.com)



## CRAYOLA EASY ANIMATION STUDIO, 6+

Create custom animation quickly! With Smooth Action Technology, only a few poses are needed to create full animation. Personalize animations with 10 customizable characters and five backgrounds. Compatible with iOS, Android, and Windows devices.

CRAYOLA, [www.crayola.com](http://www.crayola.com)



## HELLO BARBIE, 6+

Features speech recognition and progressive learning capabilities. Plays interactive games, tells jokes, and inspires storytelling. Equipped with a microphone, speaker, and LEDs that light up when Barbie is activated by a button on her belt.

MATTEL, [www.mattel.com](http://www.mattel.com)



## KIDIZOOM SMARTWATCH DX, 4+

Features lots of memory so kids can take tons of pictures and videos. Motion sensor lets kids explore three action challenges. Comes pre-loaded with eight touchscreen games with more available for download. Includes alarm, timer, stopwatch, calendar, and calculator.

VTECH, [www.vtechkids.com](http://www.vtechkids.com)



## KURIO SMART WINDOWS TABLET, 9+

This two-in-one tablet computer takes kids from homework to play, with more than 40 preloaded apps. This Windows device has a 9-inch touch screen and includes a detachable keyboard, parental controls, and 32 GB of built-in storage.

KD INTERACTIVE, [www.kurioworld.com](http://www.kurioworld.com)



## LEAPFROG LEAPPAD PLATINUM WITH IMAGICARD, 3+

This Wi-Fi-enabled tablet features a high-resolution, shatter-safe touch screen. More than 1,000 games available. With ImagiCard (sold separately), kids use a camera on the tablet to capture cards for magical learning gameplay that comes to life on the screen.

LEAPFROG, [www.leapfrog.com](http://www.leapfrog.com)



## MECCANO MECCANOID G15, 10+

Kids can build and program this 2-foot robot, which features voice recognition technology and Learned Intelligent Movement to mirror kids' speech and movements. It can say thousands of phrases, tell jokes, play games, initiate conversations, and retain information.

SPIN MASTER, [www.spinmaster.com](http://www.spinmaster.com)



## MIPOSAUR, 8+

This highly intelligent robotic dinosaur features evolving intelligence and personality. Interacts with an included trackball so kids can take it for a walk, play chase, fetch, or beg! Enhance play with a free app.

WOWWEE, [www.wowwee.com](http://www.wowwee.com)



## NEW NINTENDO 3DS XL, 9+

This portable video game system features super-stable 3-D via face-tracking technology and built-in NFC functionality that allows for communication with amiibo figures. Kids can play games solo or connect with other players.

NINTENDO, [www.nintendo.com](http://www.nintendo.com)



## SKY ROVER VOICE COMMAND, 8+

Kids can control the Sky Rover Voice Command helicopter using 12 verbal commands—no hands required! Simply wear the headset and control your helicopter with your voice. Voice Command also features Smart Hover and Auto Pilot modes for easy maneuvering.

AULDEY TOYS, [www.auldeytoys.com](http://www.auldeytoys.com)



## SKY VIPER HD VIDEO DRONE V950, 12+

This 12.75-inch drone can record video and pictures in full 720p HD from a birds-eye view. Kids can perform one-touch stunts and custom camera moves in autopilot mode, and rotate between six modes of flight sensitivity.

SKYROCKET TOYS, [www.skyrockettoys.com](http://www.skyrockettoys.com)



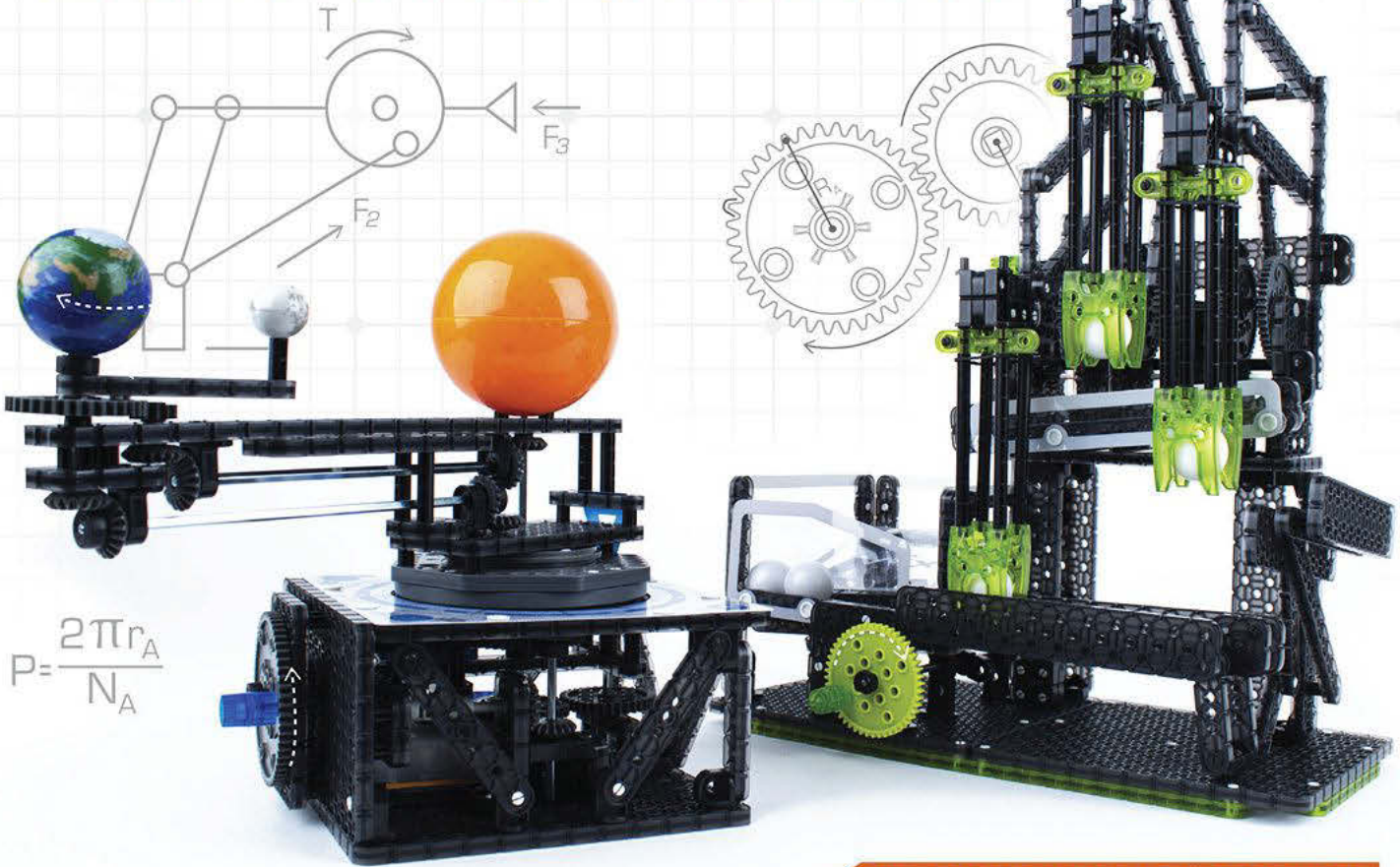
## VEX ROBOTICS ROBOTIC ARM, 8+

This completely functional STEM-based construction kit is inspired by real industrial robot arms. Kids can utilize four points of motion to control the arm and pick up surrounding objects with the claw.

HEXBUG, [www.hexbug.com](http://www.hexbug.com)

# BUILD GENIUS<sup>®</sup>

INTRODUCING STEM BASED ROBOTICS CONTRUCTION KITS



$$P = \frac{2\pi r_A}{N_A}$$

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## GEAR RACERS

Build two cars, then race your friends by rolling them backward and watching them speed away!



## CATAPULT

Crank the knob to its maximum tension and watch it fling the ball over 10 feet!



## ROBOTIC ARM

Use each control knob to pick up surrounding objects with the robotic claw.



## HEXCALATOR

Turn the knob and watch the wheels spin as they set this ball machine into action.

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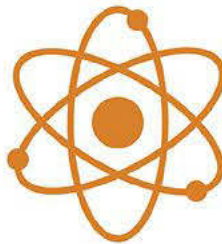
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# STEM



Science, technology, engineering, and math (STEM) concepts are vital to kids' learning development, and hundreds of toys that reinforce these important subjects can now be found on store shelves. From the basics of coding and circuitry to complex robotics, the following STEM toys give kids the tools they need for success in the modern world.



**3D MAKER, 6+**

When kids trace stencils and molds with gel and insert them into the UV chamber, their designs harden into flexible plastic. Connect finished pieces together to build 3-D structures. No heat ensures kid-safe play.

TECH 4 KIDS,  
[www.tech4kids.com](http://www.tech4kids.com)



**CRAFT-STRUCTION BOX, 6+**

This set combines crafting and construction for an open-ended play experience. With more than 275 pieces, kids can think like Goldie to prototype and problem-solve. Includes building blocks and bits, stickers, springs, and more.

GOLDIEBLOX,  
[www.goldieblox.com](http://www.goldieblox.com)



**DESIGN & DRILL BRIGHTWORKS, 3+**

Kids can follow any of the included patterns or create unique glow-in-the-dark designs. Drill in the translucent bolts using the kid-friendly power drill and feel just like a real engineer.

EDUCATIONAL INSIGHTS,  
[educationalinsights.com](http://educationalinsights.com)



**DISNEY IMAGICADEMY MICKEY'S ROCKET BUILDER, 3+**

Kids can build and customize their own rockets in the physical and digital worlds using the corresponding Disney ImagiCademy app as Mickey guides each mission. Action buttons on the rocket trigger sound effects associated with various rocket combinations.

KIDDESIGNS, [kiddesigns.com](http://kiddesigns.com)



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### KIDS FIRST AIRCRAFT ENGINEER, 3+

Kids follow along as the included storybook challenges them to build 10 vehicles with the 71 large, colorful pieces. The kit introduces kids to simple engineering concepts while they build a space shuttle, hang glider, and more.

THAMES AND KOSMOS,  
[thamesandkosmos.com](http://thamesandkosmos.com)

### MAKEY MAKEY CLASSIC, 8+

This circuit kit connects to everyday objects that conduct electricity, allowing them to act as keys from a keyboard, piano, and more. Kids can connect up to 14 separate objects at once and learn the basics of programming.

JOYLABZ, [www.joylabz.com](http://www.joylabz.com)



### MIGHTY MAKERS: FUN ON THE FERRIS WHEEL, 7+

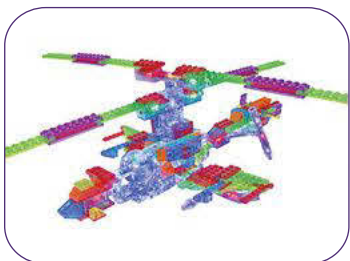
Kids use 324 made-in-the-U.S. pieces to build a Ferris wheel, pirate ship, and boardwalk game for character figure Emily. The storybook guides kids as they build, and then they can decorate their creations and enjoy imaginative fun.

K'NEX, [www.knex.com](http://www.knex.com)

### REMOTE CONTROL MACHINES: ANIMALS, 8+

Build eight different R/C animals with mechanical insides covered by colorful plastic skins. Each animal moves using a different mechanism, mimicking the movement of the real animal it represents. Control movement with a two-button remote.

THAMES AND KOSMOS,  
[thamesandkosmos.com](http://thamesandkosmos.com)



### VEX ROBOTICS HEXCALATOR BALL MACHINE, 8+

Kids build this entire machine with snap-together pieces. Use the hand crank to power three hexagonal indexing wheels, which transport balls uphill where they are released onto the return ramp and continue to move in a loop.

HEXBUG, [www.hexbug.com](http://www.hexbug.com)



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# INFANTS & TODDLERS

Every day is a new adventure for babies and toddlers, who amaze their parents with their continuous growth and development. For this age range, choose items that stimulate their minds, bodies, and all five senses. Toys that play songs and allow kids to make their own music are big hits with little ones, as are ride-ons and toys that encourage baby to crawl or walk. Seek out toys that offer experimentation with colors, shapes, sounds, and textures. Offer opportunities for hand-eye coordination, motor skills, language recognition, and nurturing. Toys that grow with a child are a plus.



## B KIDS BUSY BUILDER WAGON, 1+

This push-along activity walker features spinning gears, a wheel maze, sliding beads, and building blocks, each of which contains an alphabet letter, a number, or a new vocabulary word. BLUE BOX TOYS, [www.bkids.com](http://www.bkids.com)



## B. RIBBIT-TAT-TAT, 2+

Kids can follow the fly and play magical tunes on this frog-themed drum set. Features include a record and playback option, a catch the fly game, nursery jams, and a songbook. BATTAT, [www.battatco.com](http://www.battatco.com)



## BRIGHT BEATS DANCE & MOVE BEATBO, 9 MOS+

This futuristic friend features fun songs, learning content, and dance moves. With three play modes, BeatBo will teach letters, colors, counting, music, and cause and effect. He can even record phrases and remix them into songs. FISHER-PRICE, [www.fisher-price.com](http://www.fisher-price.com)



## BRIGHT EYES PETS, 2+

These touch-activated plush have expressive light-up eyes and touch sensors. Kids can pat their heads to wake them up, tickle their chins for happy noises, and stroke their backs to put them to sleep. BLIP TOYS, [www.bliptoys.com](http://www.bliptoys.com)

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[www.RnRGames.com](http://www.RnRGames.com)



**CARE BEARS PLUSHY RYDER, 1+** This machine-washable plush ride-on features smooth foot-to-floor action for easy gliding. Available in four Care Bears characters, it easily converts into a pajama storage plush and pillow when you remove the wheel base.  
GIGGO TOYS,  
[www.giggotoys.com](http://www.giggotoys.com)

## CAT BUILDIN' CREW ROLL 'N GO MACHINES, 2+

These characterized Cat machines feature fun vocals, lights, sounds, and music. Spin the ball for motorized forward and reverse drive. The characters encourage kids to have fun outside.

TOY STATE, [www.toystate.com](http://www.toystate.com)



**CUDDLY COMFEEZ, 0+** Perfect for a cozy embrace, these super soft chairs feature adorable character faces inspired by Cloud B's Sleep Sheep and Twilight Turtle. These cuddly companions will soothe kids during naptime and playtime.  
CLOUD B, [www.cloudb.com](http://www.cloudb.com)

## FOLD 'N GO ELEPHANT, 3 MOS+

The super soft elephant gives babies a tummy time friend, with lots of features for sensory play, including a rattle, mirror, and crinkly ear. It folds up for fun on the go and even doubles as a bag.

PLAYSKOOL, [www.hasbro.com](http://www.hasbro.com)



## JOHN DEERE PICK N POP COMBINE, 1+

The John Deere Pick N Pop Combine has a kid-powered sit-and-scoot design that picks up balls and pops them out. It plays two musical tunes and sparks imaginative play for toddlers.  
TOMY, [www.tomy.com](http://www.tomy.com)

## LIL' OCEAN EXPLORERS STAND 'N DANCE STARFISH, 9 MOS+

Babies can create music with the light-up keyboard, which they can play with their hands or feet. They can use the curvy tower to pull up to standing position and make the balls spiral down the ball drop.

LITTLE TIKES,  
[www.littletikes.com](http://www.littletikes.com)



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FAT BRAIN TOYS,  
[www.fatbraintoy.com](http://www.fatbraintoy.com)

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This animated play oven sings and gets number skills cooking through more than 30 songs and phrases. With 16 fun ingredients and so many ways to play and explore, it offers the perfect recipe for role-play fun.  
LEAPFROG,  
[www.leapfrog.com](http://www.leapfrog.com)



**ROCKIN' RIDER TICKLES  
BABY RIDER, 1+**

This soft plush horse has a padded safety seat that assists with sitting up and staying balanced. It sings and says six phrases with sound effects, and features a crinkly mane and rattles.  
TEK NEK TOYS,  
[www.myrockinrider.com](http://www.myrockinrider.com)

**ROLLIGO, 6 MOS+**

Ten multi-colored spheres stack inside the special Rolligo rack and twist and spin when set in motion, providing kids with an awesome sensory experience.  
FAT BRAIN TOYS,  
[www.fatbraintoy.com](http://www.fatbraintoy.com)



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HABA USA,  
[www.habausa.com](http://www.habausa.com)

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DYNACRAFT,  
[www.dynacraft-bike.com](http://www.dynacraft-bike.com)



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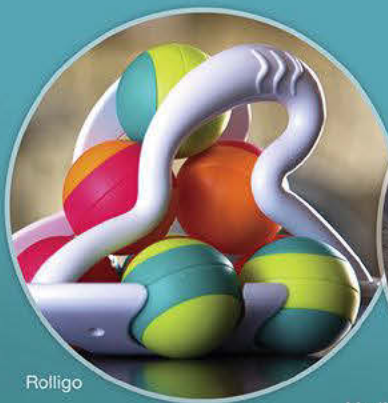


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**BABBLEBABY 14-INCH LITTLE SISTER DOLL, 3+** This 14-inch doll has a soft vinyl head, hands, and feet, and makes more than 80 real baby sounds when you speak to her. She teaches kids to be attentive little parents.  
MADAME ALEXANDER DOLL CO.,  
[www.madamealexander.com](http://www.madamealexander.com)



**BARBIE DREAMHOUSE, 3+** This three-story, deluxe dollhouse has a total of seven rooms, a working elevator, a built-in garage, and a pool. Kids can bring their Barbie adventures to life through interactive accessories featuring realistic motion and sound.  
MATTTEL, [www.mattel.com](http://www.mattel.com)



**BEST FRIEND CAILLOU DOLL, 3+** Celebrate Caillou's 25th anniversary with this educational, interactive doll. Feed him a snack, hold his hand to hear the theme song, see him recognize his Teddy, lay him down and hear him fall asleep, and more.  
IMPORTS DRAGON, [www.caillou.com](http://www.caillou.com)



**CABBAGE PATCH KIDS 14-INCH DOLLS AND ADOPTIMAL PETS, 3+** These dolls are available in a matrix of different Kids, as well as fashion themes such as Preppy Girl, Rocker Girl, and more. Each doll can interact with the Adoptimal Pets, which have light-up heart lockets and are sold separately.  
WICKED COOL TOYS,  
[www.wickedcooltoys.com](http://www.wickedcooltoys.com)

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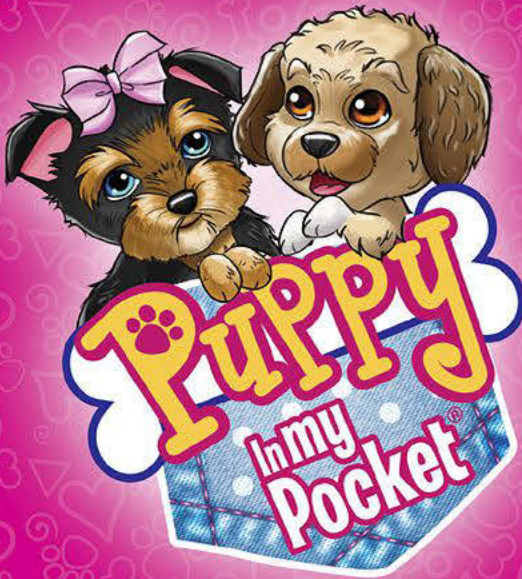
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These Care Bears magically interact with each other and can talk, sing, and dance in sync to three songs. They sing solo, as a duet, or as a group when you squeeze their hands or hug them. Sold separately. JUST PLAY, [www.justplaytoys.com](http://www.justplaytoys.com)

**CLOUDPETS, 3+**  
Record a message with the free app and then send it to the Bluetooth-enabled CloudPet. Kids will see a blinking red heart when a message is waiting and squeeze their pet's paw to receive it and send one back. JAY AT PLAY, [www.jayatplay.com](http://www.jayatplay.com)



**DISNEY FROZEN "DO YOU WANT TO BUILD A SNOWMAN?" JEWELRY BOX, 3+**  
Press the button on top of the jewelry box and watch Anna and Elsa move to "build" Olaf, while the song from Disney Frozen plays. Features a pink heart ring and a pull-out drawer. JAKKS PACIFIC, [www.jakks.com](http://www.jakks.com)

**DISNEY FROZEN ULTIMATE OLAF, 3+**  
Push Olaf's magic snowflake and his eyes open, his head moves, and he locates his snowflake controller so kids can lead him. He walks, talks, spins, dances, and sings "In Summer." JUST PLAY, [www.justplaytoys.com](http://www.justplaytoys.com)



**DISNEY JUNIOR MILES FROM TOMORROWLAND STELOSHERE, 3+**  
The Stellosphere spaceship transforms into a play set that includes a Mini StarJetter, a Zip Ship, and a Cross Vehicle Rocket System (XVR). The XVR attaches to all Miles from Tomorrowland vehicles, adding lights and sounds. TOMY, [www.tomy.com](http://www.tomy.com)

**DISNEY PALACE PETS MAGICAL LIGHTS PAWLACE, 4+**  
This play set features seven play areas unique to the characters of the Disney Junior short film Disney Palace Pets Whisker Haven Tales. The pawlace includes Aurora's Kitty Dreamy, 16 play pieces, and a light-up escalator. JUST PLAY, [www.justplaytoys.com](http://www.justplaytoys.com)



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TOMY, [www.tomy.com](http://www.tomy.com)



**DISNEY•PIXAR THE GOOD DINOSAUR GALLOPING BUTCH,** 4+ This tough T-rex gallops with the push of a button, and has a jaw-snapping motion and ferocious roar activated through his arms. Butch can also speak 10 sounds and phrases.  
TOMY, [www.tomy.com](http://www.tomy.com)



**FLIPSIES SANDY'S HOUSE AND OCEAN CRUISER,** 4+ The Sandy doll flips from the real world into her dream self as a marine biologist. The two-in-one play set has eight MagicPoint locations that make Sandy speak and react. Additional Flipsies dolls (sold separately) interact with each other.  
VTECH, [www.vtechkids.com](http://www.vtechkids.com)



**FLYING ACE SNOOPY LITE BRIX,** 5+ Build a 3-D construction Flying Ace Snoopy using Lite Brix, compatible with other brick systems. Features Flying Ace Snoopy, Charlie Brown, and Woodstock poseable figures; an LED light-up dog house; stickers; and bricks.  
CRA-Z-ART, [www.cra-z-art.com](http://www.cra-z-art.com)



**HALF-SHELL HEROES MUTATION VEHICLES,** 4+ Each two-in-one vehicle easily transforms with a simple flip. The line includes Shellraiser to Recycling Truck with Donnie and Fire Truck to Tank with Raph. Each included figure stands 2.5 inches tall.  
PLAYMATES TOYS, [www.playmatestoy.com](http://www.playmatestoy.com)



**HONEY GIRLS,** 3+ The Honey Girls is a band of musical schoolgirls, made up of singer Teegan, guitarist Risa, and drummer Viv. Each has her own signature song and strengths. Holiday outfits sold separately.  
BUILD-A-BEAR WORKSHOP, [www.buildabear.com](http://www.buildabear.com)

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## HOT WHEELS ULTIMATE GARAGE, 3+

This parking garage play set features lights, sounds, and elevators between all four levels. There is a side-by-side ramp for racing, a spiral ramp with a chomping shark, and room to store up to 36 cars. MATTEL, [www.mattel.com](http://www.mattel.com)

## JURASSIC WORLD STOMP & STRIKE TYRANNOSAURUS REX DINOSAUR, 4+

This ultimate T-rex figure features intimidating stomping action when kids press down on its body. Push down on its tail and the dino lets out a roar before its mouth shuts. HASBRO, [www.hasbro.com](http://www.hasbro.com)



## KIDIZOOM ACTION CAM, 4+

This video and photo camera for kids includes bike and skateboard mounts, and the waterproof case allows for use up to 6 feet underwater. Its durable design can handle drops and tumbles. VTECH, [www.vtechkids.com](http://www.vtechkids.com)

## LALALOOPSY SUPER SILLY PARTY DOLL, 4+

This limited-edition doll line features classic Lalaloopsy characters and lots of surprises. Crumbs Sugar Cookie, Mittens Fluff 'N' Stuff, and more have party-themed hair and dresses, as well as special charm bracelets. MGA ENTERTAINMENT, [www.mgae.com](http://www.mgae.com)



## LITTLE SCHOLAR, 3+

This tablet provides lessons based on core curriculum subjects for preschoolers, kindergartners, and first graders. Packed with 150 educational apps, it has a management tool that lets parents tailor the content for their child's needs. SCHOOLZONE, [www.schoolzone.com](http://www.schoolzone.com)

## MAGIC DOUGH MACHINE, 5+

Color, mix, and create your own customized Softee Dough. Kid-powered and easy to use, it makes colored dough in five minutes and has more than 100 color combinations. Includes three colors and glitter. CRA-Z-ART, [www.cra-z-art.com](http://www.cra-z-art.com)





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[LEGO.COM/CITY](http://LEGO.COM/CITY)



**MAGIC MOVES RAINBOWJAM, 3+**  
Touch this electronic music maker to any color to hear its musical sound or a unique song. Play in instrument or song mode with the 16-page musical activity book or objects in the real world. EDUCATIONAL INSIGHTS, [educationalinsights.com](http://educationalinsights.com)



**MAX TOW TRUCK MINI TOW-YARD PLAYSET, 4+** Race Max Tow Mini Haulers with this play set featuring bendable track pieces that kids can connect in many different ways. Mini Haulers can push and pull up to 25 times their own weight and climb up steel surfaces. JAKKS PACIFIC, [www.jakks.com](http://www.jakks.com)



**MINI SQUIGZ, 5+**  
Forty percent smaller than the original, but with just as much suction construction fun, Mini Squigz stick to any flat surface to build any which way. Pull them apart to hear a POP! No residue left behind. FAT BRAIN TOYS, [www.fatbraintoy.com](http://www.fatbraintoy.com)



**MISSION CHASE, 3+**  
This interactive pup's backpack opens to reveal a net launcher, flashlight, and megaphone. Features 24 rescue missions to prepare kids to become members of the Paw Patrol team. SPIN MASTER, [www.spinmaster.com](http://www.spinmaster.com)



**MY FRIEND CAYLA, 4+**  
This 18-inch doll allows real-time, two-way conversations through speech recognition software. Through the app, Cayla can access an encyclopedic database to answer kids' questions using kid-friendly dialogue. Cayla can also play games, tell stories, and speak Spanish. GENESIS, [www.genesis-toys.com](http://www.genesis-toys.com)



**MY LITTLE PONY CANTERLOT CASTLE PLAYSET, 3+** Create royal adventures in this three-story play set. Venture up the staircase to a throne that slides between floors or wear the detachable tiara. Includes a special-edition Princess Celestia figure and a Spike the Dragon figure. HASBRO, [www.hasbro.com](http://www.hasbro.com)

For more selections, go to [www.toyinsider.com](http://www.toyinsider.com) | @TheToyInsider



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# minions



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**ROCK 'N ROLL STUART**  
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**SING 'N DANCE BOB**  
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FOLKMANIS, [www.folkmanis.com](http://www.folkmanis.com)



**PAW PATROL PILLOW PETS, 3+**  
Each 18-inch Pillow Pet transforms from plush stuffed animal to super-soft pillow when the Velcro tab on its belly is released. The line includes Chase the German Shepherd and Marshall the Dalmation from Nickelodeon's *Paw Patrol*.  
PILLOW PETS, [www.mypillowpets.com](http://www.mypillowpets.com)



**PEANUTS HAPPY DANCE SNOOPY, 3+**  
Squeeze Snoopy's paw and this plush boogies to the tune of "Linus and Lucy," the Peanuts theme song. Give Snoopy a kiss and he returns the kiss, laughs, howls, or even belches.  
JUST PLAY, [www.justplaytoys.com](http://www.justplaytoys.com)



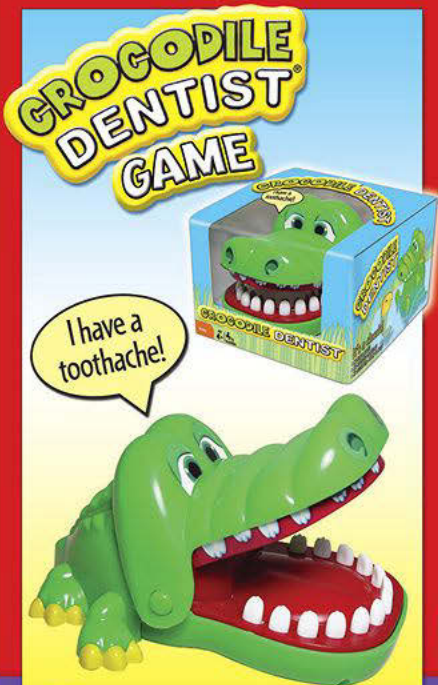
**PEANUTS SNOOPY FLYING ACE GAME, 3+**  
This family-friendly game of quick reflexes stars Snoopy as the Flying Ace in pursuit of the Red Baron. Players flip cards and race to make matches before Snoopy spins to a stop.  
WONDER FORGE, [www.wonderforge.com](http://www.wonderforge.com)



**PEPPA PIG'S HOUSE PLAYSET, 3+**  
This house play set opens to reveal rooms filled with fun furniture. Includes four rooms, more than 15 pieces, and two articulated figures: Peppa and George. It folds closed for on-the-go adventures.  
JAZWARES, [www.peppapig.com](http://www.peppapig.com)



**PIXIE DOODLES, 3+**  
These 9-inch fairy dolls each have hair inspired by a different Crayola color, a dress on which to color and doodle, and detachable wings to decorate. Each one also comes with Crayola Fabric Markers and sparkling gem stickers.  
MADAME ALEXANDER DOLL CO.,  
[www.madamealexander.com](http://www.madamealexander.com)



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Nickelodeon



Pictured here (left to right) Chase from Paw Patrol and Hazel from Little Charmers.

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**POWER RANGERS DINO CHARGE-RUMBLE & ROAR T-Rex ZORD**, 4+ Unleash ultimate Dino Zord power and push him forward for stomping action. Activate his 360-degree rotating body or tail slashing attack, pull down to hear him roar, or insert the Dino Charger to activate more effects. BANDAI AMERICA, [www.bandai.com](http://www.bandai.com)

**QWIKFLIP 2-SIDED GLOW EASEL**, 4+

This two-in-one Crayola easel features illuminated glow and chalkboard surfaces. It has 10 LED sequences and three locking easel positions. Includes two gel markers, four-count Crayola colored chalk, and an eraser.

GROW'N UP LIMITED, [www.grow-n-up.com](http://www.grow-n-up.com)



**RAZOR JR. MINI MOD**, 3+ This introductory electric ride-on has simplified controls, but offers the same smooth ride as versions for older kids. Vibrantly colored in pink and purple or blue and green, it features foot pedal-activated, maintenance-free, in-wheel hub motors. RAZOR, [www.razor.com](http://www.razor.com)

**RC HULK SMASH**, 4+

The RC Hulk Smash lets kids drive through obstacles or knock them over with Hulk's swinging arms. It flips, spins, does wheelies, and self-rights when turned over. Features Hulk phrases and sounds.

JAKKS PACIFIC, [www.jakks.com](http://www.jakks.com)




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PLAY VISIONS, [www.playvisions.com](http://www.playvisions.com)



**ROCKIN' RIDER DOMINO STABLE HORSE**, 3+

Pull the horse's reins to make it neigh, pat its snout for snorting sounds, tap its hindquarters for galloping noises, and more. If you press its ears, it sings, "I'm a Little Pony."

TEK NEK TOYS, [www.myrockinrider.com](http://www.myrockinrider.com)



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**STORYTIME THEATER, 3+**

Using the app and Bluetooth-connected projector, kids can place a Press 'n Play character on any smart device screen to bring animated storybooks to life on a wall. Storybooks include Disney Frozen, Doc McStuffins, and more.

TECH 4 KIDS, [www.tech4kids.com](http://www.tech4kids.com)

**THE UGLYS PET SHOP DIRTY DOG WASH VAN, 4+**

This play set features more than 30 gross noises, including sick sounds from the tub and toilet. Roll the van to produce more noises and music. The van doubles as display and storage for Uglys Pet Shop collectible pets.

MOOSE TOYS, [www.moosetoys.com](http://www.moosetoys.com)

**THOMAS & FRIENDS TURBO FLIP THOMAS, 3+**

With a sleek design, remote control, light-up track projector, and the ability to do backflips and wheelies, Turbo Flip Thomas is packed with never-before-seen stunts. Also features fun sounds and cheeky phrases.

FISHER-PRICE, [www.fisher-price.com](http://www.fisher-price.com)

**TONKA MIGHTY DUMP, 3+**

This brightly colored, durable Tonka ride-on is a working dump truck that goes up to 5 mph. The two-seater features Tonka sounds, forward and backward movement, adjustable seatbelts, and more.

DYNACRAFT, [www.dynacraftbike.com](http://www.dynacraftbike.com)

**TRANSFORMERS: ROBOTS IN DISGUISE SUPER BUMBLEBEE, 4+**

This 19-inch, light-up Super Bumblebee recognizes when it's in vehicle or robot mode and plays unique sounds in each. He changes from robot to vehicle in three steps while playing the classic Transformers conversion sound effect.

HASBRO, [www.hasbro.com](http://www.hasbro.com)

**TUMBLE TRAX MAGNETIC MARBLE RUN, 5+**

Create your own marble run with long, short, and curved magnetic pieces, then drop the marble from the highest point to see it come to life. Add extra challenges by re-creating the designs on the activity cards.

LEARNING RESOURCES, [www.learningresources.com](http://www.learningresources.com)

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**3DIT CHARACTER CREATOR, 8+**

Kids can create and customize their own characters. A simple heating mechanism melts down wax sticks and fills up the mold cavities to produce a unique character. Comes with skeletons, wax sticks, accessories, decals, and a free app.

JAKKS PACIFIC, [www.jakks.com](http://www.jakks.com)

**AIR HOGS SHADOW LAUNCHER, 8+**

This R/C is a rugged ground vehicle that can conquer indoor obstacles, but push the button and the doors open to reveal a stealth helicopter. Increase the throttle and fly away with the gyro-stabilized helicopter.

SPIN MASTER, [www.airhogs.com](http://www.airhogs.com)

**AVENGERS VISION, 6+**

In this virtual reality game, players put on the goggles and see images of the villain Ultron. Using the blaster, they shoot the enemy to score points, but lose points if they shoot fellow Avengers.

FOTORAMA USA, [www.fotoramausa.com](http://www.fotoramausa.com)

**BELLZ MAGNETIC GAME, 6+**

With a travel pouch that doubles as a game arena, players must use the magnet wand to pick up bells of one color. Be the first to collect all 10 to be crowned master of the magnet!

WIGGLES 3D, [www.wiggles3d.com](http://www.wiggles3d.com)

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**BLUETOOTH BLU-BOT, 6+**

Kids can slide their finger over a smartphone screen to control their robot. Speak into the smartphone and broadcast it through Blu-Bot, which can also be used in stand-alone mode to program up to 50 moves.

SILVERLIT TOYS, [www.silverlit.com](http://www.silverlit.com)

**CANDY CRAFT CHOCOLATE PEN, 6+**

Write, mold, and decorate in colorful chocolate. The motorized pen dispenses real liquid chocolate that hardens at room temperature or in the refrigerator. Create multi-colored treats with easy clean up.

SKYROCKET TOYS, [www.skyrockettoys.com](http://www.skyrockettoys.com)

**CHRONO BOMB, 7+**

Use the clamps and 27.5-foot string to build a "laser field" in this secret spy mission game. Bump the wire and the time bomb ticks down faster. Defuse the bomb and save the day!

PATCH PRODUCTS, [www.patchproducts.com](http://www.patchproducts.com)

**CLING CREATOR, 8+**

This set lets kids design their own custom window clings using 20 molds and assorted tools. Kids can also create their own unique molds using Crayola Modeling Clay.

CRAYOLA, [www.crayola.com](http://www.crayola.com)

**CRYSTAL SURPRISE, 6+**

Each of these collectible crystal pets has a special lucky quality that kids can capture, such as friendship or creativity. Each pet also comes with a charm and booklet so kids can learn more about the character.

CRA-Z-ART, [www.cra-z-art.com](http://www.cra-z-art.com)

**CUP-A-CUP, 6+**

Roll the dice, identify the missing colored shape, then try to be the first to grab the matching cup that completes the set. If another player holds the matching cup, anyone can grab it!

R&R GAMES, [www.rnrgames.com](http://www.rnrgames.com)



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**DARTH VADER ANIMATRONIC INTERACTIVE FIGURE, 6+.**

Press Darth Vader's chest panel button to activate battle or training mode. Wave the lightsaber for light and stereo battle sound effects. Darth Vader will know how you move the lightsaber and coach you to join him on the dark side.

THINKWAY TOYS,  
[www.thinkwaytoys.com](http://www.thinkwaytoys.com)

**DELTA WING, 6+**

This three-wheeled scooter features a large pneumatic front tire and low angle rear wheels, allowing for self-propelled, side-to-side movement.



RAZOR USA, [www.razor.com](http://www.razor.com)



**DELUXE EASY WEAVE FLEECE BLANKET, 7+**



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CREATIVITY FOR KIDS,  
[www.creativityforkids.com](http://www.creativityforkids.com)



**FASHION PLATES, 6+**

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KAHOOTZ TOYS,  
[www.kahootztoys.com](http://www.kahootztoys.com)



**FIRETEK ZEON BOW, 5+**

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ZING, [www.zingtoys.com](http://www.zingtoys.com)

**FISH, FISH, SQUISH!, 6+**

Mold a school of fish and strive to survive in this game of luck. Players flip cards until someone completes a row of three different fish, then squishes an opponent's fish. The last fish standing wins!

WINNING MOVES GAMES,  
[www.winning-moves.com](http://www.winning-moves.com)



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**LAY IT OR BREAK IT, 6+**

Players wear chicken beaks and race to save eggs from the frying pan. Using the chicken-shaped magnets, they pick up eggs and carry them back to their nests, trying not to break too many. FOTORAMA USA, [www.fotoramausa.com](http://www.fotoramausa.com)



**LEGO NINJAGO TITANIUM DRAGON, 7+**

Dragon features a poseable brick-built head with an opening mouth and sharp teeth; poseable wings, legs, and tail; two shooters; and more. Includes Titanium Zane, Clouse, and Chop'rai minifigures with assorted weapons. THE LEGO GROUP, [www.shop.lego.com](http://www.shop.lego.com)





**LEGO SUPER HEROES ANT-MAN FINAL BATTLE, 6+** Use Ant-Man's powers to communicate with the ants and activate the Super Jumper to knock over Yellowjacket. Take off and swoop to capture Yellowjacket in its pinchers. Set includes three minifigures with weapons and accessories.  
THE LEGO GROUP, [www.shop.lego.com](http://www.shop.lego.com)



**MAISTO TECH ROCK CRAWLER 3XL, 8+**  
This oversized R/C conquers off-road obstacles, crawling over rocks at a slow to moderate speed. Its lightweight but tough, vac-formed body is approximately 15 inches long and available in green and black.  
MAISTO INTERNATIONAL, [www.maisto.com](http://www.maisto.com)



**MEGA BLOKS MINIONS SUPERVILLAIN JET, 6+**  
This fully buildable jet features an opening cockpit and canopy, working ejector seat, two side launchers, and a trap door. Includes buildable Kevin and Stuart Minion character figures with interchangeable parts.  
MEGA BRANDS, [www.megabloks.com](http://www.megabloks.com)



**MEGA BLOKS MONSTER HIGH GRAVEYARD GARDEN PARTY, 6+** Working lights and tombstone speakers help keep this party alive for Cleo de Nile and Lagoona Blue. Listen to three Monster High songs, and combine with other Mega Bloks sets for even more freaky fabulous fun.  
MEGA BRANDS, [www.megabloks.com](http://www.megabloks.com)



**MOJI MI, 6+**  
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LITTLE KIDS, [www.littlekidsinc.com](http://www.littlekidsinc.com)



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MATTEL, [www.mattel.com](http://www.mattel.com)

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[www.yummynummies.com](http://www.yummynummies.com)



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KAHOOTZ TOYS,  
[www.kahootztoys.com](http://www.kahootztoys.com)

**NIKKO RC VAPORIZR 2, 8+**

Conquer land, water, and snow with true 4x4 power and blistering speeds of up to 9.3 mph. Kids can control this all-terrain vehicle from up to 65 feet away.  
TOY STATE,  
[www.toystate.com](http://www.toystate.com)



**PICTOPIA: STAR WARS EDITION, 7+** This Star Wars trivia game covers multiple iterations of the franchise. With 1,000 questions on the iconic planets, ships, villains, and heroes, players vie to prove they're the ultimate Star Wars fans.  
WONDER FORGE,  
[www.wonderforge.com](http://www.wonderforge.com)



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**PIE FACE, 6+** Load the arm with whipped cream (not included) or the included sponge and take turns sliding your head through the mask, spinning the spinner, and turning the handle—suddenly someone will be surprised with a pie face!  
HASBRO, [www.hasbro.com](http://www.hasbro.com)



**PLAYMATION MARVEL'S AVENGERS STARTER PACK, 6+** This smart-tech system of toys and wearables lets kids channel the powers of Marvel Comics superheroes and have adventures using their imaginations. It includes Repulsor Gear, two smart figures, and a free app.  
DISNEY CONSUMER PRODUCTS,  
[disneyconsumerproducts.com](http://disneyconsumerproducts.com)



**PROJECT MC² EXPERIMENT DOLLS, 6+** Each doll comes with a STEM-themed experiment set developed alongside science and CIA experts. The experiments include kits to create a working volcano, a lava light, a glow stick necklace, and a blueprint skateboard.  
Each sold separately.  
MGA ENTERTAINMENT,  
[www.mgae.com](http://www.mgae.com)



**QIXELS TURBO DRYER, 6+**

This activity set inspires kids to use their imaginations with cubes that fuse together with water to create 8-bit, pixelated worlds off-screen. The Turbo Dryer fuses the Qixel designs quickly. MOOSE TOYS, [www.moosetoys.com](http://www.moosetoys.com)

**SHRINKY DINKS BAKE & SHAPE 3D JEWELRY, 8+**

The silicon molds let kids bake thin, flat Shrinky Dinks shapes into thick plastic cuffs, earrings, and rings. Design and color each mold using the included sticky gems, colored pencils, and more. ALEX TOYS, [www.alextoys.com](http://www.alextoys.com)

**SKYLANDERS SUPERCHARGERS HOT STREAK AND CRYPT CRUSHER, 6+**

Hit the road with new Skylanders R/C! Spitfire's Hot Streak features blue flame tires and emits a golden glow from grill to turbines, while Fiesta's Crypt Crusher features a light-up monster tire in the back. Each sold separately. NKOK, [www.nkok.com](http://www.nkok.com)

**STAR WARS LEGENDARY YODA, 6+**

This 16-inch figure has lifelike movements and voice recognition. Young Padawans can learn to use the force, speak directly to Yoda to hear him speak classic words of wisdom, and watch as he battles with his lightsaber.

SPIN MASTER, [www.spinmaster.com](http://www.spinmaster.com)

**STIKBOT, 6+**

Shoot stop-motion movies with the *StikBot Studios* app and StikBot, the easy-to-pose figurine with suction cup hands and feet. Stitch your photos together using the app to make magnificent movie magic.

ZING, [www.zingtoys.com](http://www.zingtoys.com)

**STRAND BANDS DESIGNER SET, 8+**

The stretchy-soft Strand Bands make it simple and fun to braid, weave, or fringe stylish, one-of-a-kind accessories. With 180 feet of unique pull-apart material, kids can choose the thickness and color design of their creations.

THE BRIDGE DIRECT, [www.strand-bands.com](http://www.strand-bands.com)

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BIOME SET, 6+**

This 18- by 29-inch set, based on the *Terraria* sandbox video game, layers one adventure on top of another. Easy to assemble and full of combat and functionality, it also comes with a figure.

JAZWARES, [jazwares.com](http://jazwares.com)**TUBE HEROES DELUXE  
GAMING PACK, 8+**

This deluxe gaming pack features four Tube Heroes figures: AshleyMarieeGaming, JeromeASF, CaptainSparklez, and Vikkstar123. Nearly 40 YouTube superstars make up the initial Tube Heroes roster.

JAZWARES, [jazwares.com](http://jazwares.com)**WAVE RACERS SPEED  
STREAK TRACK PLAYSET, 6+**

This set features racers and tracks powered by Wave Technology, activated by a wave of the hand. The faster kids wave, the faster the car will go. All tracks are expandable and customizable.

AULDEY TOYS,  
[www.auldeytoys.com](http://www.auldeytoys.com)**YUMMY NUMMIES, 6+**

These candy-, snack-, and meal-making sets come with everything kids need to create no-bake, realistic-tasting mini foods. The line includes sweet and savory options, such as hamburgers, cupcakes, and more.

BLIP TOYS, [bliptoy.com](http://bliptoy.com)

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[www.wiggles3d.com/bellz](http://www.wiggles3d.com/bellz)

**ZOINGO BOINGO, 8+**

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TUCKER TOYS,  
[www.tuckertoys.com](http://www.tuckertoys.com)**ZOOMER KITTY, 6+**

Featuring lifelike movements and realistic kitten sounds, Zoomer Kitty acts like a real cat. Her eyes follow you and change color depending on her mood. Cap sensors in her head and cheeks recognize when you pet her.

SPIN MASTER,  
[www.spinmaster.com](http://www.spinmaster.com)

9+ YEARS



TWEENS

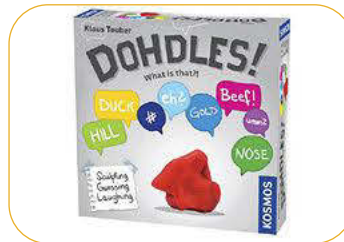
Whether online or in person, socializing is a key activity for kids in this age group. While tweens are comfortable with technology and the digital world, they also enjoy playing games, being creative, and being active. Provide opportunities for them to try new things both on their own and with their peers. Toys that teach a new skill, whether it's archery, DIY crafting, or programming, get kids thinking in different ways, expanding their minds and abilities. Parents and caregivers are still key role models for this age group, so remain present and involved in their passions.



**BATMAN CALIFORNIA ELECTRIC R/C SKATEBOARD**, 14+ Sporting a Batman logo, this skateboard comes complete with an ABS braking system and three-speed control for beginners, intermediates, and experts. Cruise the streets in style at up to 9 mph. MAVERIX USA, [www.maverixusa.com](http://www.maverixusa.com)



**GARBAGE TO GLAM UPCYCLING**, 9+ Turn unwanted trash into the next must-have trend with these DIY kits that offer design guides and step-by-step instructions for up to 10 projects. Get creative and save the planet as you take recycling to the next level. FASHION ANGELS, [www.fashionangels.com](http://www.fashionangels.com)



**DOHDLES!**, 10+ Dohdles! is a sculpting and guessing game for groups of three to six players. Receive points if you guess what your opponent's Dohdle represents. Points move you forward around the game board; the player who makes it around the board first wins! THAMES AND KOSMOS, [www.thamesandkosmos.com](http://www.thamesandkosmos.com)



**GFD FURY**, 9+ Fixed with a go-kart style frame, this high-torque drifter cruises at speeds of up to 12 mph. The bucket seat and Spark Bar add just enough flash to leave the competition in the dust. RAZOR, [www.razor.com](http://www.razor.com)

For more selections, go to [www.toyinsider.com](http://www.toyinsider.com) | @TheToyInsider

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**LEGO STAR WARS FIRST ORDER TRANSPORTER, 9+** This 792-piece armored vehicle is packed with dual spring-loaded shooters, a top-mounted dual-stud shooter, big engines at the rear, and transparent wheels. It comes with seven minifigures and accessories, including Captain Phasma. THE LEGO GROUP, [shop.lego.com](http://shop.lego.com)



**MILLENNIUM FALCON BLUETOOTH SPEAKER, 12+** This rechargeable speaker lights up when in use and works with all Bluetooth tablets and smartphones. Wirelessly stream audio up to 30 feet away, and even answer and end calls via speakerphone. EKIDS, [www.ekids.com](http://www.ekids.com)



**NANO FALCON XS, 9+** Measuring just 2.3 inches, this aircraft is recognized by Guinness as the world's smallest R/C model helicopter. Three-channel control allows for easy flying at any skill level, and the included carrying case doubles as a landing pad. SILVERLIT TOYS, [www.silverlit.com](http://www.silverlit.com)



**NERF N-STRIKE MODULUS ECS-10 BLASTER, 9+** Offering motorized blasting and more than 30 different configurations, this customizable Nerf blaster instills nothing but combat confidence. A precision scope, drop-down grip, 10-dart banana clip, and six tactical rails complete this battle-ready blaster. HASBRO, [www.hasbro.com](http://www.hasbro.com)



**NERF REBELLE ARROW REVOLUTION BOW, 9+** Girls can load arrows into the bow right after each shot with the high-tech auto-feed rotating quiver. Includes six whistling arrows that soar up to 90 feet. HASBRO, [www.hasbro.com](http://www.hasbro.com)



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**REV (ROBOT ENHANCED VEHICLES), 9+**

App-enabled and combat-ready, players can pit their REV against another player or race in autonomous mode. With no special mat or track required, any surface is a battleground. REV Starter Kits include two vehicles. WOWWEE, [www.wowwee.com](http://www.wowwee.com)

**SPACE CHARIOT, 12+**

The coolest way to get around, this two-wheeled, self-balancing scooter can go up to 12 mph. Space Chariot pedals are very responsive and sense the slightest motion; a subtle lean in the right direction will get you moving. SPACE CHARIOT, [www.spacechariot.com](http://www.spacechariot.com)

**SPHERO BB-8 APP-ENABLED DROID, 9+**

Guide BB-8 with a smartphone or tablet. BB-8 recognizes and reacts to your voice. Record and view virtual holographic videos. BB-8's unique attitude and actions evolve as you interact! SPHERO, [www.sphero.com](http://www.sphero.com)

**SPIT IT OUT!, 10+**

Roll the dice to see which two of six easy trivia questions you must answer correctly, while giving the wrong answer for the other four. Players have 30 seconds to spit it out! R&R GAMES, [www.rnrgames.com](http://www.rnrgames.com)

**SUPER MARIO MAKER & 30TH ANNIVERSARY AMIIBO, 10+**

Create your own Super Mario levels and play ones created by players from all around the world on your Wii U. Choose between four Mario themes and tap the amiibo to add a big mushroom power-up! NINTENDO, [www.nintendo.com](http://www.nintendo.com)



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# Style

## RAISING *the Bar*

These facial cleansers are not the soaps of yesterday—they'll improve any skin type without drying.

If your skin is...  
**Dry**

The 100% Pure Organic Rose & Honey Facial Cleansing Bar (\$11; [100percentpure.com](http://100percentpure.com)) also has olive and palm oil to keep your delicate skin soft and smooth.

If your skin is...  
**Mature**

Packed with ceramides, CeraVe Hydrating Cleansing Bar (\$6.99; at Walmart stores) perks up a dull complexion and strengthens elasticity.

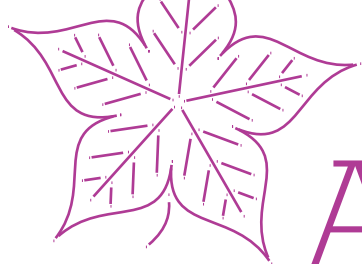
If your skin is...  
**Sensitive**

Gently cleanse with the glycerin-rich Soapology Lavender Soap Bar (\$7; [soapologynyc.com](http://soapologynyc.com)). It will help ease redness and keep skin supple.

If your skin is...  
**Normal**

Come Clean Pop Culture Soap in Full Bloom (\$6; [whenicomeclean.com](http://whenicomeclean.com)) is infused with coconut oil to remove impurities while retaining moisture.

**BRIGHTEN UP**  
Use a washcloth instead of your hands when cleansing to exfoliate skin.



# AGE-ERASING



## TAKE YOUR HAIR FROM FLAT TO FULL

You naturally lose 50 to 100 strands daily, but as you age, less hair grows back. Add the stress of styling with heated tools and you're left with limp, thin hair. "To help disguise thinning hair and give it a fuller effect, add volume along the crown of your head," says celebrity stylist Harry Josh. Try a weekly volumizing mask to plump up individual strands, or work a volumizing mousse from root to tip while your hair is wet to gain some height.

John Frieda Luxurious Volume 7 Day Volume In-Shower Treatment, \$9.99; at drugstores



# Beauty Tricks

Instantly boost your hair's volume, minimize wrinkles, brighten eyes, and more with these expert turn-back-time secrets.



**“Tightlining is great for lining older eyes,” says Jamie Kern Lima, IT Cosmetics CEO. To do it: Lift upper lid and add a dot on your inner rim between each lash. Then apply a shimmery shadow to brighten.**

L'Oréal Paris Infallible 24 HR Eye Shadow in Always Pearly Pink, \$7.99; at drugstores; Essence 2 in 1 Eyeliner Pen, \$3.49; [ulta.com](http://ulta.com)

## SHRINK LARGE PORES

Genetics and years of sun exposure make pores look bigger. To temporarily shrink them, head to the freezer. “Gently rub an ice cube over skin for 10 seconds before putting on your foundation,” says

Cheryl Renella, owner of Channing's Studio Spa. This will keep makeup from seeping in and help pores appear smaller.



## GIVE YOUR FACE A LIFT

“Use bronzer to redefine your jawline and cheekbones if they’ve softened,” says celebrity makeup artist Mally Roncal. After you apply foundation, sweep bronzer lightly along your jaw and the hollows of your cheeks to create a slight shadow.

The Body Shop Honey Bronze Highlighting Dome in shade 03, \$16; [thebodyshop-usa.com](http://thebodyshop-usa.com)



## KEEP NAILS MOISTURIZED

The loss of natural oils with age makes nails dry and the layers prone to peeling. Pamper them with daily applications of rich hand cream and cuticle oil for a younger, healthier look. “In a pinch, grab a lip balm to swipe over nails,” says Celeste Hilling, CEO of Skin Authority.

Carmex Moisture Plus Ultra-Hydrating Lip Balm with SPF 15, \$2.49; at drugstores



## BANISH FACIAL HAIR

When estrogen levels decrease with age, dihydrotestosterone (which stimulates follicles) rises, causing unwanted fuzz. Here is Angie Schmitt, Hot & Flashy blogger and WD's product tester, on her favorite hair remover.



Nair Precision Kit for Face & Upper Lip, \$6.75; at drugstores

### My initial thought...

“I hope this doesn't irritate my skin!”

### My experience...

“There was a slight tingling as it removed the hair along my upper lip, but it caused only minimal redness. The hair came off with ease.”

### What I love...

“It actually has a pleasant scent!”

» Visit Angie's Hot & Flashy blog for more tips: [hotandflashy50.com](http://hotandflashy50.com)



# Pretty Every Day

Beauty editor **Melissa Matthews Brown** brings you the latest products, plus expert tips and tricks.



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## Create Your SIGNATURE SCENT

I'm having so much fun with the lightweight fragrances in the **Philosophy Layering Collection**—they're designed to be mixed and matched to make your own unique scent. (You can also wear them separately.) My perfect combo? A little Compassion (a creamy vanilla) with a bit of Grateful (a watery, fresh floral). Bonus: The uplifting messages on the bottles are affirmations that start your day off right! (\$40 each; [philosophy.com](http://philosophy.com))

## MY NEW Favorite Drugstore Beauty Buys

**ONLY AT WALGREENS**

**MY PICK:** Nonie Creme Colour Prevails Colourwash Comfort Balm (\$9)

**WHAT'S GREAT?** It's a stain swirled into a moisturizing balm, which means my lips never look dry.



**ONLY AT TARGET**

**MY PICK:** HandTreat Mani by Look Beauty Moisture & Nourishing Hand Mask (\$9.99)

**WHAT'S GREAT?** Aside from feeling like an at-home spa experience, these pretreated gloves leave my hands buttery-soft.

**ONLY AT CVS/ PHARMACY**

**MY PICK:** Promise Organic Nourishing Coconut Milk Body Lotion (\$9.99)

**WHAT'S GREAT?** The line is formulated without harsh chemicals and delivers on hydration to keep my skin feeling ultra-smooth.

**Q** How do I keep my makeup looking fresh when I'm hosting holiday guests?

ALYSSA WHARTON, San Diego

**A:** I use **Yes to Grapefruit Pore Perfection Toning Mist** (\$10.99; [yestocarrots.com](http://yestocarrots.com)). One spritz instantly refreshes my sensitive skin. Use it to set or smooth your makeup, and also to minimize enlarged pores. Even better: Stash the can in your fridge for a quick cooldown when it's getting hot in the kitchen.

**HAVE A STYLE QUESTION?** Email Melissa at [wdstyle@hearst.com](mailto:wdstyle@hearst.com)



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# Slimming KNITS

Don't shy away from chunky sweaters! These WD picks deliver warmth without bulking you up.



GO  
LONG

**FLATTERS:**  
☒ Hips ☒ Bust  
☐ Tummy

Thanks to elongating lace side panels and below-the-bottom coverage, this sweater streamlines rather than making you look boxy. **LC Lauren Conrad Side Slit Lace Trim Tunic**, \$54; [kohls.com](http://kohls.com) (Sizes XS to XL)



ROOM TO  
MOVE

**FLATTERS:**

☒ Hips ☒ Bust  
☒ Tummy

This comfy lavender and gray style drapes loosely, but isn't baggy or messy. The vertical braided cable-knit pattern brings your eye up to the flexible turtleneck, which frames your face. **Marl Cowl Neck Cable**, \$39; [maurices.com](http://maurices.com) (Sizes XS to XXL)



PLUSH &  
PRETTY

**FLATTERS:**

☒ Hips ☒ Bust  
☐ Tummy

The thick waistband is built to stretch smoothly over hips, giving you a sleeker shape. And it's oh-so soft! **Croft & Barrow Long-Sleeved Boucle V-Neck Sweater**, \$40; [kohls.com](http://kohls.com) (Sizes XS to XXL)



PEACHY PICK

**FLATTERS:**  
☒ Hips ☐ Bust  
☒ Tummy

Fitted sleeves balance a blousy bodice. **Jennifer Lopez Ribbed Tunic Sweater**, \$54; [kohls.com](http://kohls.com) (Sizes XS to XXL)



TONS OF TEXTURE



**FLATTERS:**  
☐ Hips ☒ Bust  
☒ Tummy

This bright style looks like a classic cable knit, but it's surprisingly lightweight with a relaxed, straight fit and scrunchable three-quarter sleeves. **Cable Knit Sweater**, \$29; [joefresh.com](http://joefresh.com) (Sizes XS to XL)



THINK LAYERS

**FLATTERS:**  
☒ Hips ☒ Bust  
☒ Tummy

Part sweater, part poncho, this belted beauty nips in your middle, comfortably skims over curves and lets air in so you don't overheat. Wear it over any top in your closet. **Mari Belted Poncho**, \$120; [whbm.com](http://whbm.com) (Sizes XXS to XL)



FAIR-ISLE UPDATE

**FLATTERS:**  
☒ Hips ☒ Bust  
☐ Tummy

A traditional pattern feels fresh in black and white, plus it helps camouflage a big bust. The slits on the sides fit easily over wider hips. **Merona Sweater**, \$34.99; [target.com](http://target.com) (Sizes XS to XL)

EMILY KATE ROEMER/STUDIO D. ON-SET STYLIST: JUDITH TREZZA FOR R.J. BENNETT REPRESENTS. TOP RIGHT: GRACE HUANG. HAIR & MAKEUP: ASHLEIGH B. CIUCCI FOR RAY BROWN PRO USING CHANEL ALLURE ROUGE LIPSTICK. ON MODEL: GOLD PLATE AND CRYSTAL EARRING, \$55; [SORRELLI.COM](http://SORRELLI.COM); STYLUS SOPHIE PERFECT SKINNY JEAN, \$48; [JCPENNEY.COM](http://JCPENNEY.COM). LOCATION COURTESY OF DREYER FARMS, CRANFORD, NJ; [DREYERFARMS.COM](http://DREYERFARMS.COM). LEAVES: GETTY IMAGES (2).

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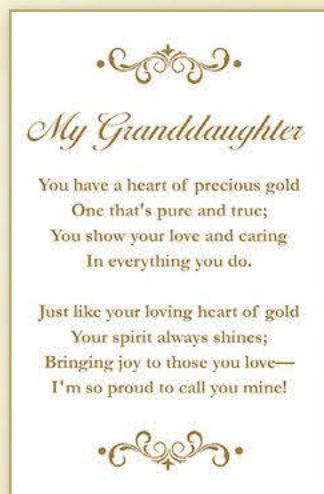
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## Gold-Plated Heirloom Music Box



Plays the melody  
of "You Are So Beautiful"

*Free  
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*Emily*



Actual size of about  
4 1/4" x 3 1/4" x 3"

♥ **Lavished with gleaming  
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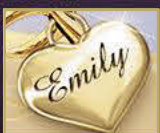
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\*Plus a total of \$9.99 shipping and service per box. Limited-edition presentation restricted to 95 firing days. Please allow 4-6 weeks for shipment. Sales subject to product availability and order acceptance.



# Cute & Comfy Under \$50

Style editor **Donna Duarte-Ladd** brings you her favorite deals and discoveries this month.



## WARMING TREND

This season's fringe makes me so happy! On the super-soft **Mossimo Supply Co. Infinity Scarf with Fringe** (\$19.99; [target.com](http://target.com)), they feel extra-snuggly in the cold.



**20% OFF**  
Enter CH20WD at checkout.

## A+ SKIRT

I'll be living in this below-the-knee **A-Line Wool Skirt** (from \$44.95; [chadwicks.com](http://chadwicks.com), Sizes 4 to 18, 2P to 16P, 4T to 18T, 16W to 24W) all fall. It's fully lined and goes with everything.



## T-SHIRT TWEAK

The top half fits like a tee, but I love the way the bottom panel flows and flatters like a blouse. Attention **Short-Sleeve High-Low Shirt** (\$16.99; [kmart.com](http://kmart.com), Sizes XS to XL)



## SMART STRIPES

You can throw on the **Soft Woven Printed Long-Sleeve Dress** (\$49.90; [uniqlo.com](http://uniqlo.com), Sizes XS to XL) over leggings and boots or jeans and stay toasty and stylish.

## FANCY WALLET

This polka-dot **Apt. 9 L-Zip Clutch** (\$36; [kohls.com](http://kohls.com)) has room for cash, cards—even a slim phone, so you can carry it as a purse.



## PRETTY PERFECT

Have a party after work? Thanks to patent leather touches, the faux-suede **Giules Heel** (\$39.95; [justfab.com](http://justfab.com), Sizes 5½ to 11) looks lovely for day or night.



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## OFF-THE-CUFF

A bold but simple stone makes the **Pleasant Escape Gold and Pearl Bracelet** (\$12; [lulus.com](http://lulus.com)) eye-catching but not too over-the-top.



Snap to buy the products on this page. Get the **WD app**, page 14.



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THANKSGIVING  
★ SPECIAL ★

# FAMILY *feast*



IN THIS  
SECTION



P. 123

Tasty make-ahead  
sides



P. 150

Genius leftover  
turkey idea



P. 139

A recipe that can  
help the hungry



P. 140

Desserts, desserts,  
desserts!



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THANKSGIVING  
★ SPECIAL ★

# *Delicious* MAKE-AHEAD SIDES

These six dishes will give you a head start  
and help ease pre-meal craziness.

PHOTOGRAPHED BY CHRIS COURT



Cheddar & herb

**STUFFING**

Recipe, page 129



«  
**Garlic & herb  
ROASTED TURKEY**  
Recipe, page 198



»  
**Maple-glazed  
BRUSSELS  
SPROUTS**  
with pecorino  
cheese & almonds  
Recipe, page 129



«  
**Sour cream  
SMASHED POTATOES**  
with bacon crumbles  
Recipe, page 130



COST PER  
SERVING  
**46¢**

^  
Gingery  
cranberry  
**SAUCE**  
Recipe, page 126

^  
Twice-baked  
**SWEET POTATOES**  
Recipe, page 130

## Gingery cranberry **SAUCE**

ACTIVE 10 MIN ♦ TOTAL 25 MIN ♦ MAKES 2½ CUPS

In a medium saucepan, combine 1 lb cranberries (fresh or frozen), ½ cup granulated sugar, ½ cup light brown sugar, 2 tsp orange zest, ¼ cup fresh orange juice (from 2 oranges) and 1 Tbsp grated fresh ginger. Bring the mixture to a boil. Reduce heat and simmer, stirring occasionally, until the cranberries burst and the sauce thickens, 15 to 20 minutes. Refrigerate for up to 5 days or transfer to a freezer-safe resealable bag and freeze for up to 2 months. Thaw in the refrigerator overnight. If desired, warm the sauce in the microwave or serve at room temperature.

PER ¼-CUP SERVING 88 CAL, 0 G FAT  
(0 G SAT FAT), 0 MG CHOL, 3 MG SOD,  
0 G PRO, 23 G CAR, 2 G FIBER

## Buttermilk **CORNBREAD**

Recipe, page 130

COST PER  
SERVING  
**29¢**



### Cheddar and herb stuffing

**ACTIVE** 1 HR 10 MIN ♦ **TOTAL** 1 HR 55 MIN (PLUS COOLING) ♦ **SERVES** 8 ♦ **COST PER SERVING** \$1.49

- 3 Tbsp olive oil, plus more for the dish and foil
- 1 small loaf country bread (about 1 lb), cut into ½-in. pieces
- 2 large onions, chopped  
Kosher salt and pepper
- 4 stalks celery, cut into ¼-in. pieces
- 2 large carrots (about 10 oz total), peeled and cut into ¼-in. pieces
- 1 cup fresh flat-leaf parsley, roughly chopped
- ¼ cup fresh dill, roughly chopped
- 3 cups low-sodium chicken broth
- 3 large eggs, beaten
- 6 oz extra-sharp Cheddar, coarsely grated

- 1 Heat oven to 375°F. Oil a 9 x 13-in. baking dish. Place the bread on a rimmed baking sheet and bake until dry and beginning to turn golden brown, 20 to 25 minutes, stirring halfway through cooking.
- 2 Meanwhile, heat 3 Tbsp oil in a large skillet over medium heat. Add the onions, season with ¾ tsp salt and ½ tsp pepper and cook, covered, stirring occasionally, for 12 minutes.
- 3 Add the celery and carrots and cook, uncovered, stirring occasionally, until the vegetables are tender, 12 to 15 minutes more. Stir in the parsley and cook for 1 minute. Remove from heat and stir in the dill.
- 4 Pour the broth over the toasted bread and toss until the broth is absorbed. Fold in the eggs. Add the vegetable mixture and toss to combine, then fold in the cheese.
- 5 Transfer the mixture to the prepared baking dish and refrigerate for up to 1 day.
- 6 Bring the stuffing to room temperature, cover with nonstick or oiled foil and bake for 10 minutes. Remove the foil and continue to bake until golden brown, 25 to 30 minutes more.

**PER SERVING** 352 CAL, 16 G FAT (6 G SAT FAT), 93 MG CHOL, 770 MG SOD, 15 G PRO, 36 G CAR, 3 G FIBER

### Make-Ahead SIDES

### Maple-glazed Brussels sprouts with pecorino cheese and almonds

**ACTIVE** 25 MIN ♦ **TOTAL** 25 MIN (PLUS COOLING) ♦ **SERVES** 8 ♦ **COST PER SERVING** 99¢

- 2 lbs small Brussels sprouts, trimmed
- Kosher salt and pepper
- 2 Tbsp fresh lemon juice
- 1 Tbsp Dijon mustard
- 1 Tbsp pure maple syrup
- 2 Tbsp olive oil
- 2 oz pecorino cheese, crumbled
- ¼ cup roasted unsalted almonds, roughly chopped

- 1 Bring a large pot of water to a boil. Fill a large bowl with ice water.
- 2 Cut a shallow "x" in the core end of each Brussels sprout (halve any large ones). Add to the pot of boiling water with 1 Tbsp salt and cook until just tender, 5 to 6 minutes. Drain and transfer to the bowl of ice water to cool. Drain, dry and refrigerate for up to 1 day.
- 3 In a small bowl, whisk together the lemon juice, Dijon and maple syrup, transfer to a small jar and refrigerate for 1 day.
- 4 To serve, heat the oil in a large skillet over medium-high heat and cook the Brussels sprouts, shaking the pan occasionally, until heated through and starting to brown, 5 to 6 minutes.
- 5 Add the lemon mixture and cook, tossing to coat, about 1 minute; remove from heat. Add the pecorino and almonds and toss to coat.

**PER SERVING** 140 CAL, 8 G FAT (2 G SAT FAT), 9 MG CHOL, MG SOD, 7 G PRO, 12 G CAR, 4 G FIBER



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## Sour cream smashed potatoes with bacon crumbs

**ACTIVE** 40 MIN ♦ **TOTAL** 1 HR 25 MIN (PLUS COOLING) ♦ **SERVES** 8 ♦ **COST PER SERVING** 79¢

- 4 lbs potatoes, cut into 2-in. pieces
- Kosher salt and pepper
- 6 oz bacon, cut into ¼-in. pieces
- ½ tsp freshly grated nutmeg (optional)
- 1 cup half-and-half
- 1 cup sour cream
- 4 Tbsp unsalted butter
- 2 scallions, thinly sliced
- ½ cup fresh flat-leaf parsley, chopped

**1** Place the potatoes in a large pot, add enough cold water to cover and bring to a boil. Add 2 tsp salt, reduce heat and simmer until just tender, 15 to 18 minutes. Drain the potatoes and return them to the pot.

**2** While the potatoes are cooking, cook the bacon in a large skillet over medium heat, stirring occasionally, until crisp, 5 to 7 minutes. Toss with the nutmeg (if using), then transfer to a paper towel-lined plate and let cool. Refrigerate for up to 2 days.

**3** Add the half-and-half, sour cream, butter and ½ tsp each salt and pepper to the potatoes and mash. Refrigerate for up to 2 days.

**4** To serve, place the potatoes in a glass bowl and microwave, covered, on medium, stirring occasionally until heated through. Or set the bowl over (but not in) a pot of simmering water and cook until heated through, 15 to 25 minutes. Warm the bacon in a skillet or in a 375°F oven. Toss with the scallions and parsley. Sprinkle over the potatoes just before serving.

**PER SERVING** 364 CAL, 17 G FAT (9.5 G SAT FAT), 47 MG CHOL, 341 MG SOD, 10 G PRO, 43 G CAR, 3 G FIBER

## Twice-baked sweet potatoes

**ACTIVE** 25 MIN ♦ **TOTAL** 1 HR 35 MIN (PLUS COOLING) ♦ **SERVES** 8

- 8 small sweet potatoes (about 6 oz each)
- 1 Tbsp olive oil
- ½ tsp pumpkin pie spice
- Pinch cayenne pepper
- Kosher salt
- 2 large egg whites
- ½ cup granulated sugar

**1** Heat oven to 375°F. Rub the sweet potatoes with the oil. Using a fork, prick the potatoes a few times all over, place them directly on the rack and roast until tender, 40 to 50 minutes. Let the potatoes cool for 20 minutes.

**2** Cut the top third off each potato lengthwise and carefully scrape out the insides; transfer to a medium bowl. Place the largest parts of the potato skins on a foil-lined baking sheet and discard the remaining skins.

**3** Sprinkle the pie spice, cayenne and ½ tsp salt over the potatoes in the bowl and mix to combine. Spoon the mixture into the skins. Refrigerate for up to 2 days.

**4** To serve, microwave the potatoes on medium-high heat until heated through. Transfer to a foil-lined broiler-proof baking sheet. Heat the broiler to high.

**5** Using an electric mixer, beat the egg whites in a large bowl on medium-high speed until stiff peaks form. Gradually add the sugar, 1 Tbsp at a time, pausing 3 to 4 seconds between additions. Continue beating until the whites are stiff and glossy.

**6** Spoon the meringue on top of the potatoes and broil until the meringues are golden brown, 1 to 2 minutes.

**PER SERVING** 183 CAL, 1 G FAT (0 G SAT FAT), 0 MG CHOL, 205 MG SOD, 3 G PRO, 40 G CAR, 5 G FIBER



## Buttermilk cornbread

**ACTIVE** 15 MIN ♦ **TOTAL** 1 HR 10 MIN (PLUS COOLING) ♦ **SERVES** 15 ♦ **COST PER SERVING** 31¢

- 1 cup vegetable oil, plus more for the pan
- 2 cups yellow cornmeal
- 2 cups all-purpose flour
- ¾ cup granulated sugar
- ¼ cup light brown sugar
- 2 Tbsp baking powder
- 2 tsp kosher salt
- 2½ cups buttermilk
- 4 large eggs
- Butter and honey, for serving

**1** Heat oven to 350°F. Oil a 9 x 13-in. baking pan.

**2** In a large bowl, whisk together the cornmeal, flour, sugars, baking powder and salt.

**3** Using an electric mixer, beat the milk, 1 cup oil and eggs in a large bowl to combine. Add the cornmeal mixture and beat until just combined (the batter will be a bit lumpy).

**4** Transfer the batter to the prepared pan and bake until a wooden pick inserted in the center comes out clean and the cornbread is starting to pull away at the edges, 50 to 55 minutes. Let cool completely in the pan.

**5** Cut the cornbread into 3 pieces and wrap in plastic. Refrigerate for up to 3 days or transfer to a freezer bag and freeze for up to 2 months.

**6** To serve, warm in a 375°F oven until heated through, about 10 minutes (or 15 minutes from frozen). Cut into 15 squares. Serve with butter and honey, if desired.

**PER SERVING** 375 CAL, 18 G FAT (2 G SAT FAT), 53 MG CHOL, 541 MG SOD, 7 G PRO, 46 G CAR, 1 G FIBER



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THANKSGIVING  
★ SPECIAL ★

# GREAT. *gravies*

Cross this off your prep list—any one of these four silky sauces can be made up to two months before the big day!

To serve previously frozen gravy, thaw in refrigerator overnight, then warm over medium heat. Whisk in any additional pan drippings; strain if desired.

START  
HERE

## Thyme **GRAVY**

ACTIVE 20 MIN ♦ TOTAL 1 HR 40 MIN ♦ MAKES 4 CUPS ♦ COST PER SERVING \$1.50

3½ lbs turkey wings  
(2 to 3) or chicken  
parts

1 onion, cut into  
thick wedges

2 carrots, cut into  
2-in. pieces

2 stalks celery, cut  
into 2-in. pieces

3 Tbsp olive oil

8 sprigs fresh thyme  
Kosher salt and  
pepper

½ cup dry white wine

3 to 4 cups low-  
sodium chicken  
broth

4 Tbsp unsalted butter

½ cup all-purpose flour

1 Heat oven to 400°F. In a large roasting pan, toss together the turkey wings, onion, carrots and celery with the oil, 4 sprigs thyme and ¼ tsp each salt and pepper. Roast until the turkey is golden brown and cooked through, about 1½ hours.

2 Remove the turkey and the vegetables from the pan; strain the pan drippings into a fat separator (or measuring cup). Let stand for 5 minutes. Leaving the fat behind (or spooning it off if not using a separator), pour the juices into a 4-cup measuring cup.

3 Place the roasting pan over two stove burners over medium-high heat. Add the wine and cook,

scraping up any brown bits, for 1 minute. Pour the wine mixture into the measuring cup with the pan juices; add enough chicken broth to make 4 cups liquid total.

4 Melt the butter in a large saucepan over medium heat. Sprinkle in the flour and cook, whisking, until deep golden brown, 4 to 5 minutes. Gradually whisk in the 4 cups liquid; bring to a boil. Add the remaining thyme, reduce heat and simmer, stirring occasionally, until thickened, 8 to 12 minutes. Season with ¼ tsp each salt and pepper. Strain and serve.

**PER ½-CUP SERVING** 99 CAL, 8 G FAT (3.75 G SAT FAT), 15 MG CHOL, 137 MG SOD, 2 G PRO, 5 G CAR, 0 G FIBER

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## 1 Cranberry **GRAVY**

ACTIVE 20 MIN ♦ TOTAL 1 HR 40 MIN  
MAKES 4½ CUPS  
COST PER SERVING \$1.61

Purée ½ cup **cranberry sauce** with ½ cup **low-sodium chicken broth**. Make the **thyme gravy** as directed, using only 3½ cups liquid total (you've used ½ cup in the purée). Stir in the **cranberry purée** after stirring in the other liquid.

## 2 Cider and sage **GRAVY**

ACTIVE 20 MIN ♦ TOTAL 1 HR 40 MIN ♦ MAKES 4 CUPS  
COST PER SERVING \$1.53

Make the **thyme gravy** as directed, substituting **hard cider** for the white wine and 2 sprigs **fresh sage** for the thyme. Add 8 large **sage leaves** (chopped) after adding the broth.

## 3 Sautéed mushroom and rosemary **GRAVY**

ACTIVE 20 MIN ♦ TOTAL 1 HR 45 MIN ♦ MAKES 4½ CUPS  
COST PER SERVING \$2.53 (INCLUDING SHIITAKES)

Make the **thyme gravy** as directed, substituting **rosemary** for the thyme. In a large skillet, sauté 10 oz **cremini mushrooms** (sliced) and 4 oz sliced **shiitake mushrooms** (optional) until golden brown and tender. Stir 1 Tbsp each **Dijon mustard** and **heavy cream** into the gravy, then stir in the mushrooms.

*Swap in any sturdy herb, like thyme, sage and rosemary.*

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PROJECT

FIGHTS HUNGER

Woman'sDay

THANKSGIVING  
★ SPECIAL ★

# A SIDE FOR 67¢

TV chef Alex Guarnaschelli transforms a can of beets into a tasty (and budget-friendly) dish.



“Everyone should have access to healthy food, which is why ending hunger in America is so important to me. Using canned foods like beets, sweet potatoes and beans is a low-cost way to be mindful of a budget pinch without sacrificing great flavor.”

ALEX GUARNASCHELLI



## MARINATED BEETS with rosemary

ACTIVE 15 MIN ♦ TOTAL 1 HR 15 MIN (INCLUDES MARINATING TIME) ♦ SERVES 8 ♦ COST PER SERVING 67¢

- 6 Tbsp extra-virgin olive oil
- 2 Tbsp red wine vinegar
- 1 Tbsp Dijon mustard
- Kosher salt and pepper
- 2 8-oz cans small to medium beets (about 20), quartered
- 1 Tbsp canola oil
- 3 sprigs fresh rosemary, needles removed

- 1 In a large bowl, whisk together the olive oil, vinegar, mustard and ¼ tsp each salt and pepper. Add the beets and toss to coat. Refrigerate until chilled, about 1 hour and up to 2 days.
- 2 Heat the canola oil in a small pan over medium-low heat. Add the rosemary needles and cook until light golden brown and crisp, 2 to 3 minutes. Transfer to a paper towel-lined plate and sprinkle with ½ tsp salt.
- 3 Transfer the beet mixture to a platter and top with the rosemary.

PER SERVING 67 CAL, 5 G FAT (0 G SAT FAT), 0 MG CHOL, 276 MG SOD, 1 G PRO, 5 G CAR, 1 G FIBER

Support WD's partnership with Feeding America by giving nutritious canned goods like beets, sweet potatoes and beans to your local pantry. Or go to [feedingamerica.org/womansday](http://feedingamerica.org/womansday) to donate money. Every \$1 equals 11 meals for those in need.

THANKSGIVING  
★ SPECIAL ★

# SWEET Bites

Thanksgiving desserts that pack big fall flavors, like cranberry and pumpkin, into small packages. Yes, you're allowed to ask for seconds!

## Cranberry apple

### TARTS

ACTIVE 20 MIN + TOTAL 45 MIN  
MAKES 12 TARTS + COST PER TART 72¢

- 2 sheets frozen puff pastry (from a 17.2-oz pkg), thawed
- ¾ cup cranberry sauce
- 2 Gala apples, cored and thinly sliced
- 1 large egg, lightly beaten
- ¼ cup granulated sugar
- ¼ cup apricot jam
- 2 Tbsp water

❶ Heat oven to 400°F and line two baking sheets with parchment paper.  
❷ Cut the pastry into twelve 4 x 3-in. rectangles. Score a ½-in. border around each of the rectangles. Divide the cranberry sauce among the tarts (about 1 Tbsp per tart), spreading inside the borders.  
❸ Top with the sliced apples. Brush the outside border with the egg and sprinkle the sugar over each tart. Transfer to the prepared baking sheets and bake, rotating the pans halfway through cooking, until puffed and golden brown, 23 to 25 minutes.  
❹ Meanwhile, combine the jam and water and cook, stirring over medium heat, until the jam has melted, about 1 minute. Gently brush the mixture over each tart.

PER TART 248 CAL., 11 G FAT (3 G SAT FAT), 15 MG CHOL, 209 MG SOD, 4 G PRO, 32 G CAR, 1 G FIBER

PHOTOGRAPHED  
BY CHRIS COURT





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# START WITH PURE FLAVORS. END WITH PURE GRATITUDE.

## McCormick® Signature Pumpkin Pie with Vanilla Whipped Cream

1 can (15 oz.) pumpkin  
1 can (14 oz.) sweetened condensed milk  
2 eggs  
1 tbsp. **McCormick Pumpkin Pie Spice**  
1 tsp. **McCormick Pure Vanilla Extract**  
1 frozen unbaked deep-dish pie crust (9-inch)

**MIX** pumpkin, milk, eggs, pumpkin pie spice and vanilla in large bowl until smooth. Pour into pie crust on large foil-lined baking sheet.

**BAKE** in preheated 425°F oven 15 minutes. Reduce oven temperature to 350°F. Bake 40 minutes longer or until knife inserted 1 inch from crust comes out clean. Cool completely on wire rack. Serve with Vanilla Whipped Cream and sprinkle with additional pumpkin pie spice, if desired.

Makes 8 servings.

**VANILLA WHIPPED CREAM:** Beat 1 cup heavy cream, 1/4 cup confectioners' sugar and 1 tsp. **McCormick Pure Vanilla Extract** in medium bowl with electric mixer on high speed until stiff peaks form.



At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit [mccormick.com](http://mccormick.com)

Pumpkin **HAND PIES**

ACTIVE 40 MIN ♦ TOTAL 1 HR 15 MIN (PLUS CHILLING) ♦ MAKES 14 HAND PIES

3¾ cups all-purpose flour	¾ tsp ground cinnamon
3 Tbsp granulated sugar	½ tsp ground ginger
1¼ tsp plus ¼ tsp kosher salt	¼ tsp ground allspice
1½ cups (3 sticks) unsalted butter	¼ tsp ground nutmeg
3 Tbsp white vinegar	½ tsp pure vanilla extract
3 Tbsp ice-cold water	4 oz cream cheese, cut into small pieces
1 15-oz can pumpkin purée	2 large egg yolks
¼ cup packed dark brown sugar	1 beaten egg, for brushing

① In a food processor, combine the flour, granulated sugar and 1¼ tsp salt. (If your food processor is a 7-cup or smaller, remove half of the flour mixture and make the dough in two batches.) Pulse in the butter until the mixture resembles coarse crumbs.

② Add the vinegar and cold water, pulsing until the dough is crumbly but holds together when squeezed (add additional water 1 tsp at a time, if necessary). Do not overmix. Shape the dough into three 1-in.-thick disks, cover tightly in plastic wrap and refrigerate until firm, at least 1 hour and up to 2 days.

③ Meanwhile, make the filling: In a small saucepan, whisk together the pumpkin, brown sugar, spices and the remaining ¼ tsp salt. Cook over medium heat, stirring occasionally, to cook out the moisture, 6 to 8 minutes. Remove from heat, mix in the vanilla and cream cheese until fully incorporated, then mix in the egg yolks. Transfer to a bowl and let cool.

④ Heat oven to 375°F. Working one disk at a time, on a lightly floured surface, roll the disks to ¼ in. thick. Cut out twenty-eight 3¼-in. pumpkin shapes, transferring them to the refrigerator as you work. Cut 3 vertical slits in half of the cutouts as shown (these will be the tops of the pies).

⑤ Place 7 "bottoms" on a parchment-lined baking sheet. Place 2 Tbsp of the pumpkin mixture onto each bottom, leaving a ½-in. border around the edges. Lightly brush the border with egg. Sandwich the filling with the scored pumpkin cutouts and press the edges with a fork to seal. Repeat with the remaining cutouts and pumpkin mixture.

⑥ Brush the tops of the hand pies with the remaining egg. Bake until golden brown, 23 to 25 minutes.

COST PER  
HAND PIE

**49¢**

PER HAND PIE: 374 CAL, 24 G FAT (14.5 G SAT FAT), 100 MG CHOL, 282 MG SOD, 6 G PRO, 35 G CAR, 2 G FIBER

## Pomegranate **PANNA COTTA**

ACTIVE 15 MIN ♦ TOTAL 4 HR 15 MIN  
(INCLUDES CHILLING) ♦ MAKES 8 JARS

- ½ cup whole milk
- 1 0.25-oz envelope powdered gelatin
- ½ vanilla pod
- 2½ cups heavy cream
- ¼ cup granulated sugar
- 1 pomegranate, seeds removed

❶ Transfer the milk to a small, wide bowl and sprinkle the gelatin evenly over the top. Let sit for 10 minutes.

❷ Meanwhile, scrape out the seeds of the vanilla pod and place the seeds and the pod in a medium heavy-bottomed saucepan. Add the cream and sugar and bring to a simmer. Remove from heat and stir in the gelatin mixture.

❸ Pour the mixture through a fine mesh strainer, then divide among eight 4-oz ramekins or jars. Refrigerate until set, at least 4 hours and up to 2 days.

❹ When ready to serve, top with the pomegranate seeds.

PER JAR 325 CAL, 28.5 G FAT (17.5 G SAT FAT), 104 MG CHOL, 38 MG SOD, 3 G PRO, 16 G CAR, 1 G FIBER

COST PER  
JAR

**92¢**

COST PER  
BROWNIE

44¢

Caramel pecan **BROWNIES**

ACTIVE 30 MIN + TOTAL 2 HR 5 MIN (INCLUDES COOLING) + MAKES 25 BROWNIES

- 4 oz bittersweet chocolate, coarsely chopped
- $\frac{3}{4}$  cup (1 $\frac{1}{2}$  sticks) unsalted butter
- 1 cup plus  $\frac{1}{4}$  cup granulated sugar
- 3 large eggs
- 1 cup all-purpose flour
- $\frac{1}{2}$  tsp kosher salt
- 1 cup semisweet chocolate chips
- 3 Tbsp water
- $\frac{1}{4}$  cup heavy cream
- $1\frac{1}{4}$  cups toasted pecans, roughly chopped
- $\frac{1}{2}$  tsp coarse sea salt

① Heat oven to 350°F. Line an 8-in. square baking pan with parchment paper, leaving a 2-in. overhang on all four sides.

② In a small saucepan, melt the chocolate and butter over medium heat. Remove from heat, transfer to a large bowl and whisk in 1 cup sugar, then the eggs. Stir in the flour and the salt. Fold in the chocolate chips.

③ Spread the batter into the prepared pan. Bake until set and a wooden pick inserted in the center comes out with moist crumbs attached, 25 to 30 minutes. Let cool completely in the pan.

④ Once the brownies are cool, make the topping: In a medium heavy-bottomed pan, combine the remaining  $\frac{1}{4}$  cup sugar and water. Heat over

medium heat (do not stir), swirling the pan occasionally, until the sugar has dissolved. Increase the heat and boil until the sugar is a deep caramel color (do not stir). Immediately remove from heat and stir in the heavy cream (it will bubble up), then the pecans.

⑤ Pour the mixture evenly over the cooled brownies and sprinkle with the sea salt. Let cool completely. When ready to serve, using the overhangs, transfer the brownies to a cutting board and cut into 25 squares.

PER BROWNIE 239 CAL, 16 G FAT (7 G SAT FAT), 40 MG CHOL, 80 MG SOD, 3 G PRO, 25 G CAR, 2 G FIBER

PROMOTION

# WD deals & dish

*An inside look at Woman's Day events, promotions and special offers*

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*Check out WD deals & dish online for more exciting news and offers! [WomansDay.com/promotions](http://WomansDay.com/promotions)*

# YOUR EASIEST *Thanksgiving* EVER

Use this handy tear-out guide to troubleshoot Turkey Day.

## Solve side-dish disasters

1

Use your **slow cooker** to keep sides like mashed potatoes and purées warm.



3

To fix a cranberry sauce that is too sweet, add acid such as vinegar or **lemon juice**.



2

To smooth lumpy gravy, pour it through a fine **mesh strainer**.

4

Don't have a potato masher? Cook the potatoes just a little longer than suggested, then use a **whisk** to mash.



## Tips for the perfect turkey

5

Plan on  $\frac{3}{4}$  to 1 lb of turkey per person. If you're serving more than 16 guests, buy a 12-lb turkey and a turkey breast. Roast the full turkey on the upper rack of your oven and the breast (split and placed on a sheet pan) on the lower rack.

7

If you forgot to thaw your turkey or it is still frozen, submerge the bird (in the wrapper) in cold water. It will take about 30 minutes per pound to defrost from fully frozen. Change water once or twice.

6

To defrost a frozen turkey, put it in the refrigerator on Tuesday, which gives you 36 to 48 hours of thawing time.

8

For general cooking times, figure on 20 minutes per pound of whole turkey roasting in a 375°F oven.

9

If pieces of turkey look undercooked as you're carving, place them on a foil-lined baking sheet and roast until no longer pink.

# 10

The best way to tell if your turkey is done is to use **an instant-read thermometer**. Take the bird's temperature in the thigh, where it connects to the breast. Just make sure not to touch the bones or you'll get a false reading. Once it reads 165°F, it's done.

# 11

To keep your carved turkey moist, cover it with a damp paper towel. If it's already dried out, sprinkle it with a few tablespoons of hot chicken broth.

# 12

After you've taken your turkey out of the oven, loosely cover it with foil. It will stay warm for up to an hour, giving you time to finish everything else. Serve with extra-hot gravy, which will heat up any parts of the turkey that have cooled off.

## Garlic and herb roasted **TURKEY** Recipe, page 198



### 3 USES FOR YOUR COOLER

#### DEFROST TURKEY

Place bird inside, then fill with water and defrost as directed in Tip 7.

#### KEEP FOOD WARM

Line it with foil and stack casserole dishes with sheet trays between them to prevent squishing.

#### SOAK DIRTY PANS

Fill it with warm, soapy water to save sink space and help loosen stuck-on bits.

If possible, run the dishwasher just before sitting down to eat so you're not stuck doing as many dishes after your guests leave. Designate a family member to load and unload.

THANKSGIVING  
★ SPECIAL ★

From the  
CASSEROLE QUEENS

# Turkey Turnovers



“We’re both from big families, so leftover turkey is practically guaranteed. Thanks to curry powder, cilantro and flaky pastry, our holiday extras turn into something new.”

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COST PER  
SERVING  
**\$1.33**

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to prepare, you can  
make them Friday  
morning and send  
your guests off with  
a perfectly portable  
meal for their long  
trips home.”  
◆◆◆◆◆

## Turkey turnovers with apricots and almonds

ACTIVE 25 MIN ◆ TOTAL 50 MIN  
MAKES 8 TURNOVERS

- ½ cup long-grain white rice (we used basmati)
- ½ cup sliced almonds
- 1 Tbsp olive oil
- 1 large onion, chopped
- Kosher salt and pepper
- 2 tsp ground cinnamon
- 2 cups shredded leftover turkey or rotisserie chicken
- ½ cup dried apricots (about 14), sliced
- ½ tsp orange zest
- ½ cup sour cream
- ½ cup cilantro, roughly chopped
- Flour for the surface
- 2 refrigerated rolled pie crusts
- 1 large egg

- 1 Heat oven to 400°F. Line a baking sheet with parchment. Cook the rice according to package directions.
- 2 Meanwhile, spread the almonds onto a separate baking sheet and roast in the oven until lightly golden brown, about 5 to 7 minutes. Transfer the almonds to a bowl.
- 3 Heat the oil in a large skillet over medium heat. Add the onion, season with ½ tsp salt and ¼ tsp pepper and cook, covered, stirring occasionally until tender, 6 to 8 minutes. Stir in the cinnamon and cook for 1 minute. Add the cooked rice, turkey, apricots and zest and toss to combine. Fold in the sour cream, then the cilantro and almonds.
- 4 On a lightly floured surface, unroll the pie crusts and roll each to 12 in. diameter. Cut each crust into 4 wedges. In a small bowl, beat the egg with 1 Tbsp water.
- 5 Divide the turkey mixture among the wedges (about ¼ cup per piece), placing it on one side. Lightly brush the edges of the dough with the egg wash. Fold the dough over the filling and press the edges with a fork to seal.
- 6 Transfer to the prepared baking sheet. Brush the tops with the remaining egg wash and bake until golden brown, 12 to 15 minutes.

PER TURNOVER 421 CAL, 22 G FAT (8 G SAT FAT), 70 MG CHOL,  
433 MG SOD, 16 G PRO, 42 G CAR, 2 G FIBER

CRYSTAL COOK and SANDY POLLOCK ([casserolequeens.com](http://casserolequeens.com)) hail from Austin, TX, and are famous for their fresh takes on comfort food. Their latest book is *The Casserole Queens Make-a-Meal Cookbook*.

# Fast & Healthy

A delicious 20-minute meal you'll feel good about eating.

## Eggs

contain lutein and zeaxanthin, which help keep vision sharp as you get older.

COST PER  
SERVING

**\$1.43**

## Mexican scrambled eggs

ACTIVE 20 MIN ♦ TOTAL 20 MIN ♦ SERVES 4

- 3 large tomatoes, cut into ½-in. pieces
- ½ avocado, cut into ½-in. pieces
- ½ small red onion, finely chopped
- 1 small jalapeño (seeded for less heat, if desired), thinly sliced
- ½ cup cilantro, roughly chopped
- 2 Tbsp fresh lime juice
- Kosher salt and pepper
- 8 large egg whites plus 4 yolks
- 1 oz low-salt tortilla chips (about 12), broken into small pieces
- 1 Tbsp olive oil
- ½ small head romaine lettuce, leaves torn

- 1** In a medium bowl, toss together the tomatoes, avocado, onion, jalapeño, cilantro, lime juice and ¼ tsp each salt and pepper.
- 2** In a bowl, whisk the egg whites and yolks with 2 Tbsp water, ¼ tsp salt and ½ tsp pepper; mix in the chips.
- 3** Heat the oil in a large nonstick skillet over medium heat. Add the eggs and cook, stirring with a rubber spatula every few seconds, to desired doneness, 2 to 3 minutes for medium-soft eggs. Serve with the greens and top with the salsa.

PER SERVING 241 CAL, 14 G FAT (3 G SAT FAT), 184 MG CHOL, 375 MG SOD, 13 G PRO, 18 G CAR, 6 G FIBER

## WHAT'S GOOD FOR YOU

### Tomatoes

are a good source of lycopene, an antioxidant that may help reduce breast cancer risk.



### MADE WITH

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94%	What paws are for



### MADE WITH

100%	Turkey Breast
------	---------------



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**SLOW  
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# Weeknight Dinners

Tasty, family-pleasing recipes that don't take a lot of effort or ingredients.

## FAMILY FAVORITE

### Corn and potato chowder

ACTIVE 20 MIN ♦ TOTAL 4 HR 50 MIN OR  
6 HR 20 MIN ♦ SERVES 4

- 12 oz red potatoes, cut into  $\frac{3}{4}$ -in. pieces
- 1 medium onion, chopped
- 1 bulb fennel, cut into  $\frac{1}{4}$ -in. pieces, plus fronds for serving
- $\frac{1}{2}$  cups frozen corn
- 2 cloves garlic, finely chopped
- 3 oz cured chorizo, cut into  $\frac{1}{4}$ -in. pieces
- 2 Tbsp all-purpose flour
- Kosher salt and pepper
- 4 cups low-sodium chicken broth
- 6 sprigs fresh thyme
- $\frac{1}{2}$  cup half-and-half

**1** In a 5- to 6-qt slow cooker, toss the potatoes, onion, fennel, corn, garlic and half the chorizo with the flour and  $\frac{1}{2}$  tsp each salt and pepper.

**2** Stir in the chicken broth and thyme and cook, covered, until the potatoes are tender, 5 to 6 hours on low or  $3\frac{1}{2}$  to  $4\frac{1}{2}$  hours on high.

**3** Ten minutes before serving, cook the remaining chorizo in a skillet over medium-high heat, tossing occasionally until browned and crisp, 3 minutes.

**4** Discard the thyme sprigs from the chowder, then stir in the half-and-half. Sprinkle the crispy chorizo and fennel fronds over the top, if desired.

**PER SERVING** 311 CAL, 12 G FAT (4 G SAT FAT), 26 MG CHOL, 600 MG SOD, 15 G PRO, 37 G CAR, 4 G FIBER

COST PER  
SERVING

**\$1.91**

## MAKE IT VEGETARIAN

To turn this into a meat-free option: Omit the chorizo and substitute vegetable broth or 4 tsp vegetable bouillon base and 4 cups water for the chicken broth.

◆◆◆◆◆  
**SWITCH IT UP**

Turn this dish into a pot pie. Shred the cooked meat and cut the vegetables into small pieces. Transfer to a 2-qt baking dish. Cover with a refrigerated rolled pie crust, brush with beaten egg, cut slits in the top and bake at 375°F until golden brown, about 25 minutes.



**COST PER  
SERVING**  
**\$2.87**



**EASY ENTERTAINING**

**Pot roast and root vegetables**

ACTIVE 15 MIN ♦ TOTAL 7 HR 15 MIN OR 8 HR 15 MIN ♦ SERVES 4

- 2 Tbsp all-purpose flour
- ½ cup dry red wine
- 2 Tbsp tomato paste
- 1 Tbsp low-sodium beef bouillon base
- 2 tsp Worcestershire sauce
- 2 large carrots, cut into 2-in. pieces
- 1 large onion, chopped
- 1 medium rutabaga (about 12 oz), cut into 2-in. pieces
- 12 oz small yellow new potatoes (about 10)
- 2 sprigs fresh rosemary
- 1½ lbs beef round roast, tied with string
- Kosher salt and pepper
- Chopped fresh parsley, for serving

**1** In a 5- to 6-qt slow cooker, whisk together the flour, red wine, tomato paste, bouillon and Worcestershire. Add the carrots, onion, rutabaga, potatoes and rosemary and toss to combine.

**2** Season the beef with ½ tsp each salt and pepper, then nestle it into the vegetables, turning to coat. Cover and cook until the roast is fork-tender, 7 to 8 hours on low or 6 to 7 hours on high.

**3** Transfer the beef to a cutting board, remove the string and thinly slice. Arrange the beef and vegetables on a serving platter and sprinkle with parsley, if desired.

**PER SERVING** 433 CAL, 14 G FAT (5 G SAT FAT), 115 MG CHOL, 1,087 MG SOD, 40 G PRO, 35 G CAR, 5 G FIBER



Snap for a shopping list. Get the WD app, page 14.

**MAKE AHEAD**

## Stewed pork and white beans

ACTIVE 20 MIN ♦ TOTAL 6 HR 25 MIN OR 7 HR 25 MIN ♦ SERVES 4

- 4 oz thick-cut bacon
- 2 cups low-sodium chicken broth
- ½ cup dry white wine
- 3 Tbsp tomato paste
- 8 cloves garlic, peeled and smashed
- 1 medium onion, chopped
- 1 14.5-oz can petite diced tomatoes, drained
- 2 lbs lean pork butt, trimmed and cut into 2-in. pieces (about 1¼ lbs total)
- 4 sprigs fresh thyme
- ½ cup dried brown lentils
- 1 15-oz can small white beans, rinsed
- Crusty bread, for serving

1 Place the bacon on a paper towel-lined plate and microwave on high until crisp, about 4 minutes. Cut into 1-in. pieces.

2 In a 5- to 6-qt slow cooker, whisk together the chicken broth, white wine and tomato paste. Add the garlic, onion and tomatoes (and their juices) and mix to combine. Fold in the pork, bacon and thyme.

3 Cook, covered, until the pork easily pulls apart, 5 to 6 hours on high or 7 to 8 hours on low.

4 Thirty-five minutes before serving, discard the thyme, then gently stir in the lentils. Turn the slow cooker on high, cover and continue cooking until the lentils are just tender, 30 to 35 minutes. Gently fold in the beans and cook until heated through, about 3 minutes. Serve with crusty bread, if desired.

**PER SERVING** 467 CAL, 13 G FAT (4 G SAT FAT), 95 MG CHOL, 774 MG SOD, 46 G PRO, 44 G CAR, 13 G FIBER

COST PER  
SERVING  
**\$2.94**

◆◆◆◆◆

**MAKE AHEAD**

Freeze the cooked stew for up to 3 months. Thaw in the refrigerator overnight, then warm in a medium saucepan, adding more chicken broth or water if the stew seems dry or too thick.

◆◆◆◆◆



COST PER  
SERVING  
**\$2.06**

### PREP AHEAD

Mix all the raw ingredients except the beans and corn in a resealable plastic bag. Freeze the bag upright for up to 3 months. To cook, place the frozen chili mixture in a slow cooker and cook, covered, 8 to 9 hours on low. Finish the chili as directed.

### PREP-AHEAD FREEZER MEAL

## Vegetarian chili with wheat berries, beans and corn

ACTIVE 20 MIN ♦ TOTAL 6 HR 20 MIN OR 8 HR 20 MIN ♦ SERVES 4

- 1 28-oz can fire-roasted crushed tomatoes
  - 1 14.5-oz can no-salt petite diced tomatoes
  - 1 Tbsp chili powder
  - 2 tsp ground cumin
  - 2 large carrots, cut into ¼-in. pieces
  - 1 onion, chopped
  - 1 poblano pepper, cut into ¼-in. pieces
  - ¾ cup wheat berries
  - 2 cloves garlic, finely chopped
  - Kosher salt and pepper
  - 2 15.5-oz cans low-sodium kidney, pinto or black beans, rinsed
  - 1 cup frozen corn, thawed
  - Grated Cheddar, sour cream and scallions, for serving
- 1 In a 5- to 6-qt slow cooker, stir together the tomatoes (and their juices), chili powder and cumin. Add the carrots, onion, poblano, wheat berries, garlic and ½ tsp each salt and pepper. Cook, covered, until the wheat berries are cooked but still chewy, 7 to 8 hours on low or 5 to 6 hours on high.
  - 2 Ten minutes before serving, gently stir in the beans and corn and cook until heated through.
  - 3 Ladle the chili into bowls and top with the cheese, sour cream and scallions, if desired.

**PER SERVING** 480 CAL, 3 G FAT (0.5 G SAT FAT), 0 MG CHOL, 907 MG SOD, 23 G PRO, 94 G CAR, 25 G FIBER



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GLUTEN-FREE

## Sesame chicken

ACTIVE 20 MIN ♦ TOTAL 4 HR 50 MIN OR 6 HR 50 MIN ♦ SERVES 4  
COST PER SERVING \$2.73

- ½ cup apricot jam
- ¼ cup ketchup
- 2 Tbsp soy sauce
- 1 Tbsp grated ginger
- ¼ tsp crushed red pepper flakes
- 2 lbs boneless, skinless chicken thighs, trimmed
- 1 medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 red pepper, sliced into ¼-in. pieces
- 1 cup long-grain white rice
- Scallions and sesame seeds, for serving

- ❶ In a 5- to 6-qt slow cooker, combine the apricot jam, ketchup, soy sauce, ginger and crushed red pepper. Add the chicken, onion and garlic and toss to coat.
- ❷ Scatter the red pepper over the top and cook, covered, until the chicken is cooked through, 5½ to 6½ hours on low or 3½ to 4½ hours on high.
- ❸ Twenty minutes before serving, cook the rice according to package directions. Serve the chicken and sauce on top of the rice and sprinkle with scallions and sesame seeds, if desired.

PER SERVING 588 CAL, 10 G FAT (2 G SAT FAT), 190 MG CHOL, 814 MG SOD, 50 G PRO, 76 G CAR, 1 G FIBER



### SHOPPER'S TIP

Some jams and soy sauces can contain gluten. To ensure a gluten-free dinner, purchase varieties that don't contain wheat or wheat-derived glucose syrup, or ones that aren't processed on machinery alongside wheat, barley, rye, triticale or malt.



➤ Don't miss these great features! Get **71%** off the newsstand price at [WOMANSDAY.COM/SUBSCRIBE](http://WOMANSDAY.COM/SUBSCRIBE)

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GET THE WD APP, PAGE 14.

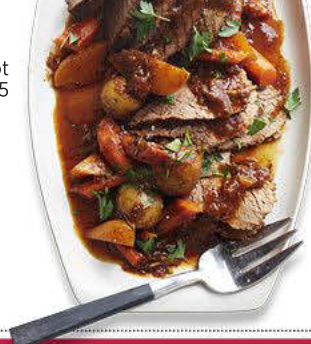
Begin with Ben™





# What's for Dinner?

Make a delicious, nutritious meal every night of the week.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>  Spinach & artichoke baked pasta	<b>2</b>  Stewed pork & white beans p. 157	<b>3</b>  Cheesy bell pepper & herb quiche	<b>4</b>  Chicken Milanese	<b>5</b>  Slow cooker pot roast, p. 156	<b>6</b>  Spiced tilapia with orange & scallion couscous	<b>7</b> Fennel & garlic roast pork loin with red onions & pears
<b>8</b>  Ravioli with sautéed butternut squash & thyme	<b>9</b>  Chicken & zucchini enchiladas	<b>10</b>  Arugula, sweet potato & spiced steak salad	<b>11</b> Tortilla-crusted fish sticks & slaw	<b>12</b>  Slow cooker corn & potato chowder, p. 155	<b>13</b>  Pasta with toasted walnuts, blue cheese & chives	<b>14</b>  Kung pao chicken
<b>15</b>  Potatoes with chili con carne	<b>16</b>  Curried salmon with chard & chickpeas	<b>17</b>  Zesty pepperoni penne	<b>18</b>  Mexican scrambled eggs p. 152	<b>19</b>  Slow cooker sesame chicken p. 159	<b>20</b> Sautéed beef, onions & french fries	<b>21</b>  Garlicky shrimp & spinach
<b>22</b>  Pork burgers with crunchy apple & celery slaw	<b>23</b>  Broccoli & Cheddar cheese soup	<b>24</b> Skillet chicken, potatoes & peppers	<b>25</b>  Slow cooker coconut beef with rice noodles	<b>26</b>  <b>THANKSGIVING</b> Turkey & sides p. 123	<b>27</b>  Vegetarian chili with wheat berries, beans & corn, p. 158	<b>28</b>  Turkey turnovers p. 150
<b>29</b>  Herb-roasted salmon & tomatoes	<b>30</b> Flank steak with cauliflower purée	<b>GET THESE FALL RECIPES!</b> For all of this month's recipes, go to <a href="http://womansday.com/menus">womansday.com/menus</a>			 Snap for a shopping list. Get the WD app, page 14.	



Here's our  
**TASTIEST**  
**FAMILY**  
*Recipe.*

**NOW**  
**SHARE**  
*Yours.*

## SAUSAGE CORNBREAD STUFFING

### INGREDIENTS:

**1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)**  
2 cups celery, chopped  
1 cup onion, finely chopped  
4 cups cornbread, toasted & chopped  
1/4 cup fresh parsley, chopped  
1 tsp. poultry seasoning  
1 cup chicken broth  
1 egg, lightly beaten  
1/2 cup pecans, chopped (optional)

### DIRECTIONS:

1. **PREHEAT** oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. **ADD** cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

**PREP TIME:** 20 min. **COOK TIME:** 45 min.

**COOK'S TIP:** To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.





## Plan for your future. Consider Medicare supplement insurance.

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# Healthy You



## MAKE *Caregiving* EASIER

Looking after Mom or Dad is more emotionally stressful than caring for another relative, says a new AARP report. “The job turns the child-parent role you’ve been accustomed to on its head, and it takes time to adjust,” says Gail Hunt, president and CEO of the National Alliance for Caregiving. To relieve some of the burden, ask family members for help with tasks that suit their strengths. An organized sister could deal with medical bills, or a health-savvy cousin could attend appointments.

PLEASE TURN THE PAGE FOR MORE HEALTH NEWS →



## Adult Vaccines: *What You Need to Know*

Besides getting your annual flu shot, talk to your doctor to see if you're due for other immunizations that can help you stay well.

The vaccine	Who needs it	For your information
Td booster (tetanus-diphtheria)	Everyone, every 10 years	In addition to the Td booster, you should get one dose of the Tdap vaccine (which also prevents whooping cough), even if you had the shot as a kid.
Chicken pox	Anyone who didn't have the chicken pox, or the vaccine, when younger	Can't remember whether or not you caught the pox during childhood? A simple blood test can determine if you're immune to the disease.
Shingles	Most people 60 years and older	Even if you've already had shingles, it's a good idea to get the immunization. It reduces the chance of future outbreaks and can make them less painful.
MMR vaccine	Anyone born after 1957 who hasn't previously been vaccinated	Those born before 1957 are considered immune to measles. Even if you're younger, you may need a repeat dose, as some early vaccines weren't effective.

SOURCE: Carolyn Bridges, MD, associate director, adult immunizations, Centers for Disease Control and Prevention

{Sleep better tonight}

## STOP TOSSING & TURNING

Seventy-three percent of people who took a single 1-hour cognitive behavioral therapy session for insomnia reported improved sleep, according to a study in the journal *SLEEP*. If you have difficulty falling or staying asleep, visit [behavioralsleep.org](http://behavioralsleep.org) to find a therapist near you.



## MEDICINE CABINET STAPLE

The Easy Care All Purpose First Aid Kit (\$19.99; [tendercorp.com](http://tendercorp.com)) features injury-specific pouches so you don't waste time trying to locate gauze or a pair of tweezers. Keep one kit at home and another in the car.



CLOCKWISE FROM TOP LEFT: DANN TARDIF/CORBIS; GETTY IMAGES; STUART TYSON/STUDIO D.

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Eucerin presents

# SKIN SCIENCE MADE SIMPLE

LISTENING TO OUR SKIN'S NEEDS  
IS KEY TO MAINTAINING PROPER  
MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.

## Diagnostic Checklist

Check all that apply:

- ☐ 1. Itchy Skin
- ☐ 2. Sensitive Skin
- ☐ 3. Dry, Flaky Skin
- ☐ 4. Irritated Red Patches
- ☐ 5. Eczema Flare-ups



"Being able to identify different skin needs,  
AND the right products to address them,  
is one of the easiest ways to achieve  
healthy looking skin."

—DR. FLOR MAYORAL, MD

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



#### ✓ 1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



#### ✓ 2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



#### ✓ 3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique triple-action formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



#### ✓ 4. IRRITATED RED PATCHES

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

**Eucerin Eczema Relief Body Creme's** unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, **4 out of 5 children** remained flare-up free for up to **6 months**.

#### ✓ 5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.

**Eucerin®**

SKIN SCIENCE THAT SHOWS



# Secrets of Women Who Never Get Sick

Those lucky people who seem to avoid colds altogether...how exactly do they do it? Are they just blessed with superhuman immune systems? Not quite—it's likely they've picked up some easy, everyday habits that protect from illness. Use them to help your body fight off intruders and stay snuffle-free this year.

BY JESSICA MIGALA



## 1 HAVE A SET BEDTIME

Research shows that those who sleep 8 hours or more per night are three times less likely to develop a cold compared to people who snooze for less than 7 hours. One reason why: At night your body repairs itself and regulates stress hormones that can make you more susceptible to infection.

### MY SUCCESS SECRET

“I instituted a strict sleep/wake schedule in my house that applies on weekdays and weekends. At a recent doctor's appointment for physicals, he said that we hadn't been there for sick visits in over a year—quite a feat for a mom and three kids ages 5 to 16!”

MIKITA BURTON, Lenexa, KS





## 2 EAT COLORS

Filling up on antioxidant-rich foods like sweet potatoes (beta-carotene), citrus and bell peppers (vitamin C), almonds (vitamin E), and red grapes or red wine (resveratrol) replenishes the cells that are damaged in the fight against germs and bacteria.

### MY SUCCESS SECRET

“I used to get bad sinus infections regularly, but I cleaned up my diet—eating more whole foods like fruits, veggies, nuts and lean protein—and I haven’t been sick in two years.”

SUSAN ROBERTSON, Knoxville, TN



## 3 SHAPE UP YOUR GUT

You bring the outside world into your mouth every day, and though most bacteria and germs are harmless, some can make you sick. That’s where your gut gets in on the action. Good bacteria can enhance your immune system, so you may want to consider taking a probiotic supplement—which contains helpful bacteria—during cold and flu season. Try a multi-strain formula (find in your local health-food market or grocery store). If you want to skip supplements, eat more fermented foods, like sauerkraut.

### MY SUCCESS SECRET

“My kids were constantly ill when we moved to a new town a few years ago and we decided to give probiotics a go. Almost immediately, my family’s health improved. So long, sick days!”

ALISON SCHOONOVER, Columbus, WI



## 4

### WASH AT KEY TIMES

You don’t have to go crazy with hand washing. You can reduce illness by 15% to 50% if you remember to wash your hands before eating, before and after prepping food, post-bathroom and after sneezing or coughing. Soap and water is preferred (scrub for 20 seconds), but keep hand sanitizer around to degerm on the go, too. Look for one formulated with at least 60% alcohol.

### MY SUCCESS SECRET

“I was a massage therapist for 10 years and I rarely got sick. I attribute that to consistent and strategic hand washing.”

JENNIFER MUTH  
Washington, DC



## 5 HUG IT OUT

Make a date to get together with a friend—especially if you’re dealing with problems at home or work, suggests research in the journal *Psychological Science*. People with the most “social support” when faced with a stressful situation were less likely to get ill if exposed to a cold virus—and hugging enhanced the immunity benefit.

### MY SUCCESS SECRET

“Each week, I find a workout I can do with friends, I make sure my husband and I have at least one ‘date’ and I call my grandma. These connections energize me and keep me healthier.”

KAMDEN HOFFMANN  
Morrisville, NC



## 6 SAY OM

One study found that gentle yoga (plus breathing exercises) strengthens immune function and the boost happens within 2 hours after the start of class, according to research in the journal *PLOS ONE*. Try classes that combine light yoga with deep breathing and meditation, like restorative yoga.

### MY SUCCESS SECRET

“My regular yoga practice has helped me avoid sickness, but it also calms me. I go to class once a week and do about three at-home sessions per week.”

SARAH BOYCE  
Brooklyn, NY



Protect your skin.  
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**IT'S THAT WORTH IT.**

Growing up in *Texas*, I didn't give *sun safety* much thought. Given my *Latina heritage*, my skin never burned and I assumed I wasn't at risk.

Today I know that sun exposure doesn't discriminate against *skin color* and can cause *dryness, brown spots, wrinkles*, and worst of all, *melanoma*—the deadliest form of skin cancer and one of the *most common* cancers among women under 40.

So *applying sunscreen* throughout the day is my *daily ritual*. And it should be yours, too.

I also support the Melanoma Research Alliance — the leading funder of cutting-edge melanoma research. *With your help, a cure may be within reach.*

Learn about how you can *join me* in a nationwide movement to *prevent* melanoma and support life-saving research by visiting **itsthatworthit.org**. And remember to always wear your sunscreen!

— EVA LONGORIA

**Melanoma**  
**Research Alliance**

**itsthatworthit.org**  
**#itsthatworthit**



# Fight the Flu at Home

If one person in your family comes down with the flu, it can take just a few hours for the virus to spread. Stop germs in their tracks and keep everyone healthy this season with these room-by-room strategies.

BY KELLY MICKLE

## IN THE KITCHEN

### Use disinfectant

Nearly 60% of refrigerator handles, doorknobs and light switches test positive for the flu virus in a home where one person is sick—and it can live for up to three days. Wipe down these hot spots and other frequently touched surfaces (like the remote control) daily.

### Buy paper towels

Ditch reusable rags, which can spread the flu virus around your countertops and give germs a moist place to camp out. Throw the sink sponge in the dishwasher at the end of each day, too.

## IN THE BEDROOM

### Keep linens clean

Relegating an under-the-weather spouse to a separate bed may feel unkind, but it's your best defense against the flu. To keep germs from spreading, wash your partner's bedding daily and dry on high heat (it's OK to put it in with the rest of your family's laundry).

## IN THE BATHROOM

### Put a lid on it

Gross, but true: When you have a viral infection, the organisms are in your stool. That means that when you flush, the germs are spit into the air, potentially contaminating nearby bathroom countertops, hand towels and toothbrushes. Stay safe by putting the toilet lid down before you flush and stowing toothbrushes in clean drawers or cabinets.

WD

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# Eat to Beat Diabetes

Worried about your risk? Already dealing with the disease? Joy Bauer, RDN, shares advice and recipes.

**T**ype 2 diabetes affects about 28 million Americans—and another 86 million have prediabetes, which can easily progress to full-blown if not addressed. Fortunately, simple changes can make a big difference in helping to prevent, manage or even, in some cases, reverse the condition.

## Habits that help slash your risk

**1 FIND FIBER** People who ate two to three daily servings of fiber-rich foods (like produce and whole grains) were up to 30% less likely to develop type 2 diabetes than those who had less, says research.



**2 GO EASY ON THE COCKTAILS** It's fine to enjoy a relaxing glass of wine at the end of the day, but knocking back multiple drinks on a regular basis may lead to weight gain and increased insulin resistance.



**3 EAT MORE MAGNESIUM-RICH FOODS** Increasing evidence shows that a diet high in the mineral (good sources include spinach, edamame, beans and nuts) could reduce your risk of diabetes.



### WHY FAT IS YOUR FRIEND

Good fats—like omega-3s and monounsaturated fats—blunt mealtime blood sugar spikes by slowing the body's absorption of carbohydrates. Bonus: They also improve cholesterol levels and other cardiovascular risk factors. Use olive and canola oils for cooking, put a slice of avocado on your sandwich, toss olives into salad and cook salmon for dinner.



### If you've been diagnosed with prediabetes or type 2 diabetes...

You already know that you should limit your carbs and sweet drinks to keep your blood sugar in check. But that doesn't mean you have to completely forgo your favorite foods. Try these scrumptious swaps:

Instead of	Make	How to
Spaghetti	Zucchini noodles	Use a peeler or spiralizer to cut zucchini into strips. Sauté in olive oil spray with ¼ tsp crushed garlic and pepper and onion powder (to taste), about 8 minutes.
White rice	Cauliflower rice	Break a rinsed and dried head of cauliflower into florets. One at a time, place in food processor. Pulse for a few seconds to chop into rice-size pieces.
Fruit juice	Berry iced tea	Add 2 flavored tea bags to a 2-qt pitcher and fill it ⅓ of the way with hot water. Steep 5 minutes, remove the bags and top with cold water. Serve over ice.
PB & J	Apple-PB sandwiches	Core and slice 1 apple into thin wedges. Spread 2 Tbsp peanut butter (or any nut butter) over half the apple wedges. Top with the remaining wedges.

JOY BAUER, MS, RDN, is the founder of Nourish Snacks ([nourishsnacks.com](http://nourishsnacks.com)) and the health/nutrition expert for NBC's *TODAY* show.



# Sit Smarter

It's better to be up and about, but when you do take a seat, slash health risks with these simple solutions.

BY JENNA BIRCH

## Engage your brain

Sedentary behavior is associated with increased feelings of anxiety and depression. Experts aren't sure why the connection exists, but they have found that simple mind-engaging activities can help ward off mental stress. Whether you're stuck in a seat at work or while traveling, try breaking up the time with relaxing pursuits, like listening to music or doing a crossword puzzle.

**KRISTEN CARPENTER, PhD**, director, women's behavioral health, Wexner Medical Center, Ohio State University

## Take short walking breaks

Excessive sitting is linked to heart disease—even among people who exercise regularly. Luckily, research has found that a 2-minute stroll every hour can lower your risk of death by 33%, possibly because it improves blood flow and decreases levels of stress hormones while adding more movement.



**MARY ANN McLAUGHLIN, MD**, director, cardiac health program, Mount Sinai Hospital

## Get enough sleep

You're more likely to slouch when you're tired, which places stress on your lower spine. Seven to eight hours of shut-eye will help you sit tall, but no matter how much rest you get each night, proper posture is a must. Sit with your rear touching the back of the seat, knees bent at a 90-degree angle and feet resting flat on the floor.

**NICK SHAMIE, MD**, chief of orthopedic spine surgery, UCLA Spine Center, Santa Monica, CA





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# Saving Women's Hearts

Easy ways to support female-focused research and help yourself—and others—stay healthy. BY JUNO DEMELO

**A** troubling fact: Your heart differs greatly from your husband's, yet much of the research doctors use to address heart issues in both sexes comes from studies mainly done on men. What's more, women currently make up only 24% of the participants in heart-related studies. This puts you at risk for wrong diagnoses, unhelpful treatment and even death, according to a report from Brigham and Women's Hospital. The good news is, you can get involved and make a difference with a few simple steps. Start here:



## JOIN an at-home study

The Health eHeart Study, sponsored by the American Heart Association (AHA) and the University of San Francisco, is conducted online. The researchers will use the data you submit to find patterns that can help prevent and treat heart disease and to explore topics such as the benefits of taking aspirin. You can choose which sub-studies you'd like to participate in. To sign up, go to [health-eheartstudy.org](http://health-eheartstudy.org).



## DOWNLOAD an app

Stanford University School of Medicine's **MyHeart Counts app** (free; iTunes) utilizes your iPhone's sensors to collect data during a 6-minute walk test, then prompts you to record a week's worth of physical activity every three months. This information (along with your risk factors) is used to determine your chances of having a heart attack or stroke and provides insight to researchers. Bonus: You'll get feedback on your results and how to improve them.



## LACE up your sneakers

The AHA is one of the leading funders of research—and its biggest event is the Heart Walk. Go to [heartwalk.org](http://heartwalk.org) to sign up for one of the 300 events, or choose a virtual walk if you can't find one near you. Funds from the walk go into a larger pool for research, a portion of which is allocated to the new Go Red For Women Research Network, an alliance of research institutions working to address women's heart health.



## SIGN a pledge

One in two women will have heart disease in her lifetime, and the nonprofit Women's Heart Alliance hopes to change that statistic. You can support the cause by entering your name and email address at [fighttheladykiller.org/fight-back](http://fighttheladykiller.org/fight-back). You'll receive information on heart-healthy habits, what to ask your doctor at your next appointment and how you can become involved in future studies to help eradicate heart disease in women.



## EMAIL your local legislator

Introduced last year, the Research for All Act would require that both female and male subjects be included in basic research funded by the National Institutes of Health (NIH). The bipartisan bill also pushes the FDA to guarantee that clinical trials for certain drugs, like blood pressure medicine, determine safety and efficacy for both genders. Type in your zip code at [house.gov/representatives](http://house.gov/representatives) to find contact info for your lawmaker.





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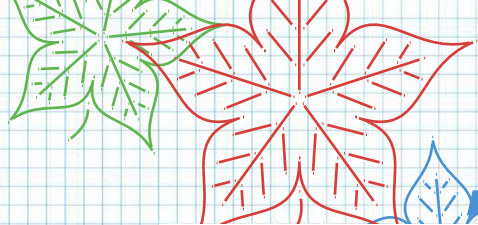


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EVERYTHING YOU NEED TO KEEP LIFE RUNNING SMOOTHLY

# Family

## Action!

Learn to shoot home videos that your family will love to watch together. These tips will help you film like a pro.

1

### USE A TRIPOD TO GET A STEADIER SHOT

"If you have to use a handheld camera, get close to the action and keep your feet apart to steady your body," says David Wright, a video production professor at Drake University.

2

### CONSIDER YOUR LIGHTING

"If the room is too dark, the video will be grainy. Where possible, try to use only one type of light—sunlight, interior or stage," says Wright.

3

### KEEP IT SHORT AND SWEET

You are more likely to re-watch a 3-minute recording than a 30-minute one.

SEND  
US YOUR  
PICS!



“Catch him if you can!”

KERREN LYNCH-GALLAGHER, Cranbury, NJ



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# Creating Family Memories

The holidays are a perfect time to learn about your clan's history. Here's how to get people talking. BY TRACY SAELINGER



## Toss out a dishy tidbit

To let loose interesting stories, bring up a disputed piece of family lore, suggests Rob Baedeker, coauthor of *What to Talk About: On a Plane, at a Cocktail Party, in a Tiny Elevator with Your Boss's Boss* (Chronicle Books). Choose something that won't trigger hurt feelings or resentment, such as, did Dad really throw a poison dart at his math teacher? Relatives won't be able to resist chiming in with their version of what happened.

## Ask for stories, not answers

Instead of "How's work?" ask "So how did you end up in your line of work?" Baedeker says. To learn rich history from older folks, try thought-provoking questions like "What was your most memorable decade?" or "What career do you wish you had instead of the one you did?" Pretend you're making a documentary, Baedeker adds,

asking about all the details you'd want to know: names, personalities, what people looked like.

## Deputize kids as reporters

Arm them with pads and pens or smartphones so they can record invaluable interviews with aunts, uncles and grandparents, who may be more inclined to open up to them.

## Distract monopolizers

Have an uncle who won't let anyone get a word in edgewise? Seat him strategically next to someone who will give him a good audience, Baedeker says. Maybe he's a professor of geology and your niece is really into geodes, for instance. If he still launches into a monologue, try to redirect. Change the subject in order to draw other people at the table into the conversation.

## Snap photos—then stash the phone

Take a few for Facebook, but then ask everyone around the table to enjoy the meal without checking social media. New research shows that hiding behind a phone camera can actually weaken your memories of special moments because you miss what's happening right in front of you, Baedeker says. Once you have what you need, "leave the phone in your bag or car for the party. It's a good life exercise."

## Special moments, preserved

These apps and sites will help you save and share family tales.

### FamilySearch Memories

This app lets you record audio interviews and snap photos, then tag them to relatives in your family tree. (Free; available on iPhone, iPad or Android)

### Mixbook.com

Make a printable scrapbook: Pick a theme, upload pictures and choose stickers and backgrounds. Then, order copies on paper that won't yellow. (From \$19.99 per book)

### Smilebox

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# Giving a LIFT

A nonprofit repair shop in Minneapolis helps people with low incomes keep their cars—and their lives—running smoothly. BY ANDREA ATKINS

As a social worker at the Church of Saint Stephen in Minneapolis, Cathy Heying saw the same downward spiral too many times: A person's car breaks down; she can't afford the repairs, misses work, gets fired, can't pay the rent, and soon, she's homeless. Every month, a low-income client would come in seeking help after car-trouble expenses had blindsided her. "Low-wage workers can't take time off to fix a car when it breaks down," she says. "If they don't show up for work, there are thousands of other people ready to do their job."

What Cathy witnessed firsthand in her hometown is happening all

## Gearing up

So in September 2008, Cathy, a 38-year-old who, at the time, didn't know the difference between a ratchet and a wrench, enrolled as the only woman in a class of mostly 18-year-old boys at the Dunwoody College of Technology. Her plan after graduation was to repair cars and do oil changes for needy people in her very own driveway.

Cathy almost quit several times. "It was so hard," she says. "There was one day I tried to fix this one thing so many times, but it was never right. I was thinking, *I'm not cut out for this. This was a dumb idea.*" But her instructors, who knew what she planned to do with her degree, wouldn't let her leave. "We can do this together," one of them assured her.

## A long road

Cathy graduated in 2010, but quickly realized her driveway plan wouldn't help as many people as she hoped to—she needed a garage, tools, and more. So Cathy began fundraising

and soliciting equipment donations, and after 18 months, she was able to incorporate as a nonprofit. She opened The Lift Garage in April 2013. Charging just \$15 an hour for repairs (plus parts at cost), she required only that customers provide proof of income, or a referral from a local social worker.



The need was so great that Cathy soon had a waiting list. Within a year, she quit her social work job to fix cars full time. Along with her volunteers, Cathy helps people like Renita Neloms, a 47-year-old home healthcare aide whose power steering conked out. Neloms's job includes taking her clients to doctor's appointments and running errands for them; without a working vehicle, she'd be forced to quit. Though her car had 220,000 miles on it, Cathy's repair shop kept it running just fine. "It's a blessing," says Neloms.

Such stories fill Cathy's personal happiness tank. "I see moms come into the shop, with no heat or no brakes and kids in the back. We make their cars safe and warm," she says. "I'm so proud of what The Lift does. Every day that we're open, it makes a big difference for someone. It's changing lives."



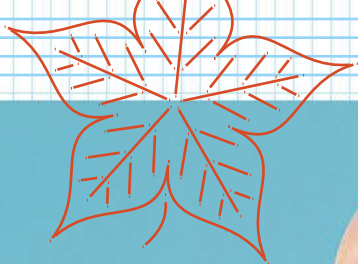
over: A study found that 41% of work absences among the working poor are caused by transportation issues. "I kept thinking, *Someone should do something about this.* A car is the linchpin that holds all the pieces together," Cathy says. "Without it, everything falls apart."

## GET INVOLVED

The Lift Garage operates on grants and donations. To make a contribution, visit [theliftgarage.org](http://theliftgarage.org) and click on the "Donate" button.



Cats Can't Resist®



# OUTSMART *SNEAKY* SALESPEOPLE

WD decoded the Jedi mind tricks they use to hard-sell you into spending more than you intend. Don't go shopping until you've read this.

BY BETH LEVINE

**Y**ou're just browsing, and before you know it, you've bought two dresses and a top. Or you want a bare-bones laptop but you walk out with bells and whistles that you're not sure you even understand. What just happened? Aggressive salespeople go for the emotional jugular, says Lyle Sussman, PhD, professor of management at the University of Louisville. "Passion and emotion trump logic and rationality in humans," he says. "You can be seduced on an unconscious level." Below, all you need to guard your wallet and take back control.

1

## They get you at a vulnerable moment

You've given yourself a rare treat: a facial. While you're blissed out, your facialist touts the magical properties of her \$45 cream. Or you're buying a car and your salesman tells you that for just a smidge more, you can get the sunroof. This is the upsell—you already have your wallet in your hands, so they try to tack on something extra. You think, *What's a little bit more?* But a little bit more is usually a lot more, and in general, these add-ons are unnecessary.

**PUSH BACK** Plan how you'll say no. "Create a script for what you are going to say before you even walk in," says Lori Schock, director of the Office of Investor Education and Advocacy at the U.S. Securities and Exchange Commission. A pleasant but firm "Thanks, but not today" should do it.

## ② They exploit your fear of missing out

You know how QVC has that ticking clock on the screen alongside the dwindling quantities of the product they're selling? Or, more subtly, that strategic pause the real estate agent inserts when you ask if you can bring your husband by to see the house this weekend? By announcing that the stock is limited, making the offer time-sensitive ("Sale ends today!") or hinting that other people are looking at the same house, salespeople create a false sense of urgency. The message: This is really special, and if you don't take advantage of it, you'll lose out. Oh, no! "When fear or excitement is aroused, energy is drained from our brain and our thinking gets cloudy," says Kit Yarrow, PhD, a consumer research psychologist and author of *Decoding the New Consumer Mind*. "This makes us more susceptible to impulse purchases."

**PUSH BACK** When you feel panicked, it takes about 20 minutes for your body to calm down, so walk away for a while and don't think about it. Leave the store or car lot, if you can. If you are afraid the item won't be there if you hesitate, ask to put it on hold, then wait. "It's shocking how people will just forget what it was that they were so excited about. They often really just want the excitement of winning, not necessarily the product," says Dr. Yarrow. After the wait, if you still want it, buy it only if it's returnable. If you're truly worried that you have competition, send a trusted friend photos and see if she shares your sense of urgency. The point, says Dr. Yarrow, is to put some time between the impulse and actually closing the deal.



## ③

### They speak "expert"

Go to a bank to refinance a loan, or try to get your tablet repaired, and they seem to be speaking Vulcan. Between the sometimes deliberately overcomplicated language and hurried pace of the conversation, you're lost—yet grateful for the salesperson's expertise. That puts you completely at their mercy.

**PUSH BACK** Do your research so you have a working knowledge of their world, says Dr. Sussman. And don't be afraid to ask them to repeat themselves or to rephrase things in lay terms. If the details are truly beyond you, bring along your own expert, a friend or family member who knows the right questions to ask and can explain them to you.

## ④

### "You and me, we're besties"

Salespeople will try to make you feel like you're friends by revealing something personal or getting you to do the same. They'll display family photos (facing out) so you'll identify with them, or fish for connections: "I went to high school with your cousin!" In fact, if you've made an appointment to see a home or car, they may check social media to find out about you before you show up.

**PUSH BACK** The secret here, says Dr. Sussman, is to separate your feelings for the salesperson from your feelings about the item. Remind yourself that she may be nice, but she is not your friend—or at the very least, she has a vested interest in getting you to buy. You can still be friendly, of course, but bring the chat back to the business at hand and focus on whether the purchase makes sense for you, he says.



**WD FAMILY  
FINANCE  
EXPERTS**

Dave Ramsey and  
Rachel Cruze



# DAVE and RACHEL *Answer Your Questions*

The Schares  
family



## INVESTING IN HIS FUTURE

“My son is 20 months old, and I have about \$1,200 saved so far for college. Should I open a CD? I’m hesitant to do a dedicated college investment plan because what if for some reason he doesn’t go to college?”

DEENA SCHARES, Papillion, NE



**DAVE** First of all, you never want to use a CD for any kind of long-term investing. CDs have a horrible rate of return and barely keep up with inflation over the long haul. I’d go with a Coverdell Education Savings Account, or ESA. An ESA allows you to put \$2,000 a year per child until they turn 18 into an account that grows tax-free as long as it’s used for educational purposes. There is only one kind of ESA—you choose how to invest and can make changes if need be. If you want to contribute more, look for a 529 but make sure it’s a plan that lets you choose the investment and leaves you in control at all times. You want to be able to move your money if an investment is underperforming.

Now, I understand you’re uncertain about whether your son will go to college. Honestly, I never worried about that. My kids never even realized they had a choice! College is virtually essential in today’s marketplace. I’d simply plan for him to go and point him in that direction. On the off chance he doesn’t, the money can be used for a sibling or withdrawn with a penalty, plus taxes on the earnings.

Sitting for a

# FAMILY PORTRAIT

is "lame," yet your teen will take

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## PRIORITIZING EXPENSES

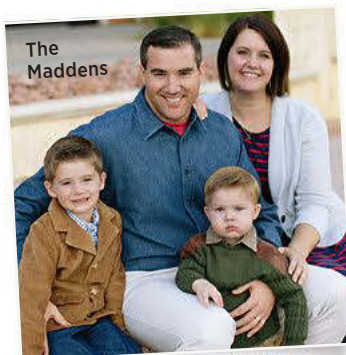
*“I need help balancing being a wife, a mom and a working woman—and getting out of debt. Looking professional (hairstyles and nail salons) and my kids’ activities, like bake sales and parties, all take money.”*

MARY MADDEN, Las Vegas



**RACHEL** As a new mom with a full-time job, I understand where you’re coming from. Finding a work/life balance, all while staying within a budget, isn’t easy. But you can do it. Start with what we call the Four Walls: your food, shelter/utilities, clothing and transportation. Take care of your true basic needs first.

I also know that you want to look professional and be an involved mother. If you put those expenses as your first budget item after the Four Walls and debt payoff, that’s fine. I’d just caution you against overspending on beauty and things like birthdays and school



activities—it’s very easy to lose perspective. Can you cut the number of your hair appointments in half and put the money toward debt? Shop when toys are on sale, and keep a stockpile for gifts? If paying off debt is as important to you as I think it is, I’ll bet you’ll be able to trim those expenses. Knowing how to get out of debt isn’t. It takes patience, discipline and sacrifice. Stick with a plan!

DAVE RAMSEY and his daughter RACHEL CRUZE are coauthors of the bestselling book *Smart Money Smart Kids*. They recently launched *EveryDollar.com*, an online tool and companion app that makes budgeting easy and fun.

## MARRYING YOUR MONEY

*“My new husband and I live off his income and use mine for debt, but this system feels disconnected. What do we do?”*

CHAYA LAMBRIGHT, Spokane, WA



**RACHEL** When the pastor said “now you are one,” he meant it! When you’re in the money-management process together, you both feel ownership. So pool all your money, write up a single budget and make sure you each know what’s going on. Your husband will get more excited about paying down the debt, and you’ll have a better understanding of your living expenses.



**DAVE** Exactly. You guys are newlyweds, but your money is still dating! It’s time for your money to tie the knot. I’m fine with how you’re using your paychecks, but you still need a joint budget. So stop thinking about “his” money and “my” money. From now on, you only have “our” money. So if you make \$2,500 a month and he makes \$2,500 a month, the income line at the top of your budget should say \$5,000. Start with the combined income, then list all of your expenses and debt payments. With one budget you’ll work together as a couple, just as you will for the rest of your lives.



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# *A Hero's* HAPPY ENDING

When Staff Sergeant Chloe Wells adopted a former military dog, she learned that animals could suffer from PTSD too. Now she makes sure canine veterans get the help they need. **BY GILLIAN ALDRICH**



**C**hloe Wells, an Army behavioral health specialist at Fort Bragg in North Carolina, has seen hundreds of post-traumatic stress disorder (PTSD) cases in the soldiers she works with. But it wasn't until she met a military war dog named Ddoc in 2013 that she learned animals could suffer from lingering effects of their combat service too.

Chloe, who fosters and trains rescues with her husband (a sergeant first class) in addition to owning two dogs, heard about Ddoc on Craigslist. Ddoc's original owner, his former handler in the Army, couldn't keep the Belgian Malinois in the same home as his newborn child due to Ddoc's unpredictable behavior. So Ddoc was living in a nearby vet clinic. "Two things get

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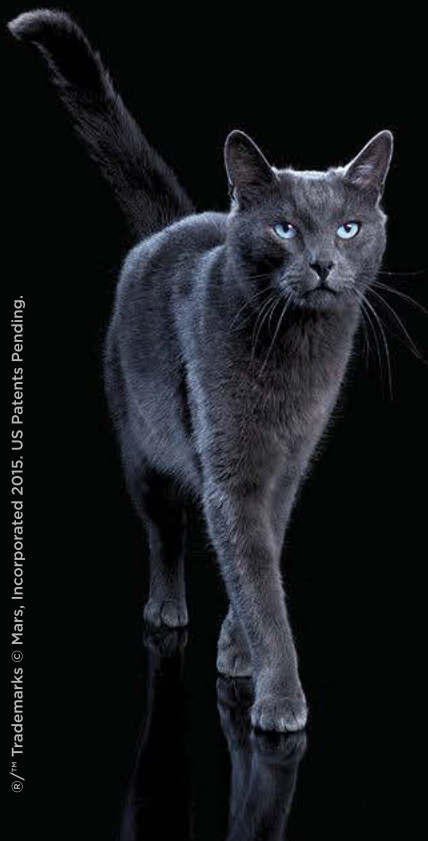




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## Pet TALES

me emotional: dogs and service members,” says Chloe. “This dog was a service member, yet he was in danger of being put down.” She asked to meet Ddoc.

When the kennel door swung open, Chloe was relieved to see the 80-pound dog was a gentle giant. But when a chorus of barking dogs in the kennel startled Ddoc, he dropped to the floor, flinching. Then he panted, tucked his tail and spun in circles. “It hurt my heart to see him crumple like that. I thought, *I have to get him out of here, now.*” Chloe walked Ddoc out of the kennel, vowing to help him.

The next few months were challenging. When he arrived at her home, Ddoc’s ears flattened and his tail stayed glued between his legs; he was afraid to go outside, so he often relieved himself in the house. Chloe began training Ddoc like her previous foster dogs, while also applying her knowledge of PTSD. Soon she found the trigger that set off Ddoc’s flashbacks: sudden, loud noises similar to explosions. On walks, the sounds of children laughing or the faint boom of artillery from the base would cause him to pull Chloe home.

The behavior continued for months, but Chloe refused to give up. She sought advice from medical experts: “It was months of trial and error,” she says. She also talked to Ddoc’s former handler, Mike Alcorn, who told her that while he and Ddoc were patrolling in Afghanistan, mortar fire sent them flying. Miraculously, they weren’t badly hurt, but the episode left Ddoc anxious. Unable to return to his patrols, Ddoc was retired and sent home with Mike.

Mike told the story through

To help retired service dogs like Ddoc (right) or learn more about canine PTSD, visit [combatcanines.org](http://combatcanines.org).



tears. Giving up Ddoc for his baby’s safety was the most painful thing he had ever done. “Hearing how Ddoc put his life on the line, I felt so much respect for him,” Chloe says. “Ddoc has seen more action than my husband and me put together!”

Knowing that many dogs suffered from PTSD, Chloe started [combatcanines.org](http://combatcanines.org), where she logged Ddoc’s progress, hoping to help others. Soon 17 owners were sharing notes on the site too. But the stories were devastating—many said they couldn’t afford the care their dogs needed. So the Ddoc Foundation was born. Now, owners of retired military dogs can apply for financial aid, and Chloe fundraises to cover their care. So far she’s raised \$4,533 for 11 dogs.

While these dogs may never be cured, Chloe says they can have happier lives. “Ddoc will always have setbacks, but he’s not the beaten dog I first met.” He has even become the therapy dog and mascot at Chloe’s job. Both because of and despite his PTSD, she says, he connects with soldiers in a meaningful way. “They see Ddoc as a fellow warrior. Hearing his story helps them tell their own. These brave and loyal animals are heroes too—even if they don’t know it. The least I can do is help care for them when their service is over.”

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## Caramel-coated apples

ACTIVE 25 MIN ♦ TOTAL 1 HR ♦ MAKES 8

- 8 wooden lollipop or ice cream sticks, or twigs
- 8 medium apples (such as Granny Smith, Gala or McIntosh)
- 1 14-oz bag caramels (we used Kraft Traditional), unwrapped
- 2 Tbsp water
- Chopped peanuts for coating and melted dark chocolate for drizzling (optional)

1 Line a large baking sheet with nonstick foil. Insert a stick or twig into the top end of each apple.

2 In a medium saucepan, combine the caramels and water. Cook, stirring, over medium-low heat until the caramels are completely melted and smooth.

3 Slightly tip the pan at an angle and dip an apple into the caramel mixture, rotating to cover completely. Spin the apple to help the excess caramel drip off, scrape the caramel off the bottom of the apple, then (if using) immediately press peanuts onto the top or bottom of the caramel and transfer to the prepared baking sheet. Repeat with the remaining apples, caramel and peanuts. Refrigerate until set, 10 to 15 minutes. Drizzle with melted chocolate (if using) and let set.

## Chocolate-coated apples

Push wooden lollipop or ice cream sticks, or twigs, into **apples**. Line a large baking sheet with nonstick foil. Place 1 lb **dark or milk chocolate** (chopped) in a glass bowl and set over (but not in) a pot of simmering water. Melt, stirring occasionally, until just two-thirds of the chocolate has melted, about 10 minutes. (When melting a large amount of chocolate, WD prefers this method over microwaving because it will be less likely to scorch.) Remove from heat and stir until melted and smooth. Dip each apple into the chocolate, rotating to cover completely. Spin the apple to help the excess drip off, scrape the chocolate off the bottom, transfer to the prepared baking sheet and let set.

ON THE COVER



## WOODLAND CANDY APPLES

Use royal icing (recipe, *below*) as “glue” to affix features to animals.

### CHIPMUNK

- Milk chocolate-covered apple
- Mini Nilla wafers for cheeks
- Mini marshmallows for teeth
- Brown M&M's (halved) for nose
- Candy eyeballs ([wilton.com](http://wilton.com))
- Butterscotch chips for ears

### FOX

- Orange candy melt-covered apple ([wilton.com](http://wilton.com))
- Royal icing for “furry face”
- Mini brown M&M's for eyes
- Black candy wafer for nose
- Shoelace licorice for eyebrows, whiskers and mouth
- Candy corn for ears

### OWL

- Dark chocolate-covered apple
- Cream-side half of Oreo for eyes

- Brown M&M's for pupils
- Orange M&M's for nose
- Orange candy-coated sunflower seeds for ears ([nuts.com](http://nuts.com))
- Yellow candy-coated sunflower seeds for feet
- Royal icing for mouth
- Royal icing and finely shredded coconut for wings
- Oreo stand (affix yellow sunflower-seed feet)

### ACORNS

- Milk and dark Hershey's Kisses
- Mini round Nutter Butter cookies (whole and/or halved)
- Semisweet chocolate and butterscotch chips

## Royal icing

Using an electric mixer (with the whisk attachment), beat 3 **large egg whites** and ½ tsp **cream of tartar** in a large bowl on medium-high speed until foamy, about 1 minute. Reduce speed to low and gradually add 1 lb **confectioners' sugar**, beating until just incorporated. Increase speed to high and beat until stiff glossy peaks form, 5 to 7 minutes. Transfer to a pastry bag fitted with a fine tip.



### Pumpkin Spice

- 8 Tbsp Almased
- 10 oz vanilla almond milk, unsweetened
- 2 Tbsp fresh or plain canned pumpkin puree
- 1 tsp stevia
- Dash of pumpkin spice or ground cinnamon, for taste

# Melt Your Belly Fat

Fat deposits around your stomach are known to be the most detrimental to your health and also the hardest to get rid of. But with the delicious smoothies on the right, you can melt those stubborn pounds away.

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### Spicy Chocolate

- 8 Tbsp Almased
- 12 oz almond milk
- 1 Tbsp cocoa powder, unsweetened
- ½ tsp cinnamon
- ½ tsp cayenne pepper



### Carrot Cake

- 8 Tbsp Almased
- 12 oz vanilla almond milk, unsweetened
- ¼ cup carrot juice
- 1 tsp ground flaxseeds
- 1 Tbsp walnuts
- A pinch of cinnamon
- A pinch of nutmeg



### Caramel Apple

- 8 Tbsp Almased
- 1 cup almond milk, unsweetened
- ½ cup apple sauce, unsweetened
- 1 Tbsp almond butter
- ¼ tsp caramel extract



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Shown on page 124

## Garlic and herb roasted turkey

ACTIVE 20 MIN ♦ TOTAL 3 HR 45 MIN ♦ SERVES 8  
(WITH LEFTOVERS)

- 1 12- to 14-lb turkey, thawed (if frozen)
- 2 heads garlic, halved horizontally through the equator
- 1 lemon, halved
- 4 small onions, quartered
- 14 sprigs fresh thyme
- 2 Tbsp olive oil
- Kosher salt
- 2 large carrots, cut into 2-in. pieces
- 2 stalks celery, cut into 2-in. pieces
- ¾ cup low-sodium chicken broth
- Fresh herbs, for serving

- 1 Heat oven to 375°F. Working on a baking sheet, remove the giblets and neck of the turkey from the cavities. Reserve the neck and discard the giblets. Using paper towels, pat the turkey dry. Stuff the garlic, lemon, half the onions and 10 sprigs thyme into the main cavity.
- 2 Tie the legs together with kitchen twine. Tuck the wing tips underneath the body (this will prevent them from burning). Rub the turkey with the oil and season with 1 tsp salt.
- 3 Place the turkey neck, carrots, celery, the remaining onions and the remaining thyme in a large roasting pan. Place a roasting rack in the pan and put the turkey on top of it.
- 4 Roast the turkey until a thermometer inserted into the thickest part of the thigh registers 165°F, 2½ to 3 hours. (Cover the bird loosely with foil if it browns too quickly, and add the broth to the pan if the vegetables begin to scorch.)
- 5 Carefully tilt the turkey to empty the juices from the cavity into the pan. Transfer the turkey to a carving board. Cover loosely with foil and let rest for at least 25 minutes. Reserve the pan and its contents for gravy (page 134). Carve the turkey and garnish with herbs, as desired.

PER 5-OZ SERVING 255 CAL, 9 G FAT (2.5 G SAT FAT), 148 MG CHOL, 186 MG SOD, 40 G PRO, 0 G CAR, 0 G FIBER

Shown on page 200

## No-bake chocolate mousse pie

ACTIVE 20 MIN ♦ TOTAL 1 HR 40 MIN  
(INCLUDES CHILLING) ♦ SERVES 16  
COST PER SERVING 79¢

- 7 oz chocolate wafer cookies (about 32; we used Nabisco Famous Wafers)
- 6 Tbsp unsalted butter, melted, plus 4 Tbsp
- 10 oz bittersweet chocolate, chopped
- 2½ cups mini marshmallows
- 1½ cups, plus 1½ cups heavy cream
- ¼ cup confectioners' sugar
- 2 Tbsp unsweetened cocoa powder
- Chocolate curls, for serving

- 1 In a food processor, pulse the cookies to form fine crumbs. Add 6 Tbsp melted butter and pulse to combine. Transfer to a 9-in. pie dish and press evenly on the bottom and up the sides. Refrigerate for at least 20 minutes.
- 2 Meanwhile, in a heavy-bottomed saucepan, bring ½ cup water to a boil. Reduce heat to low and stir in the chocolate, marshmallows and remaining 4 Tbsp butter until melted. Transfer to a large bowl.
- 3 Using an electric mixer, beat 1½ cups of the cream in a second large bowl until stiff peaks form. Fold the cream into the chocolate mixture. Transfer to the prepared pie dish, spreading evenly, and chill until firm, about 1 hour or up to 1 day.
- 4 One hour before serving, whip the remaining 1½ cups cream with the confectioners' sugar and cocoa powder until stiff. Spoon over the mousse and refrigerate for at least 1 hour (and up to 1 day). Top with the chocolate curls just before serving, if desired.

PER SERVING 395 CAL, 33 G FAT (20 G SAT FAT), 83 MG CHOL, 110 MG SOD, 4 G PRO, 25 G CAR, 3 G FIBER



## NOVEMBER SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Sponsored by Hearst Communications, Inc. Two (2) ways to enter: (i) Online Entries: Visit [womansday.com/giveaways](http://womansday.com/giveaways), and complete and submit the entry form pursuant to the on-screen instructions; or (ii) Wireless Entries: Download the Woman's Day Access WD app by visiting the iTunes App Store, Amazon Marketplace or Google Play. Then use your Internet-enabled mobile phone to scan any of the Digimarc-enhanced *Woman's Day* icons for the sweepstakes you wish to enter and fully complete and submit the Official Entry Form presented. PLEASE NOTE THAT YOUR ENTRY WILL NOT BE COMPLETED UNTIL YOU HAVE COMPLETED THE OFFICIAL ENTRY FORM AND ENTERED YOUR CONTACT INFORMATION. Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must be 21 years or older and a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at [womansday.com/giveaways](http://womansday.com/giveaways).

### 2016 RED DRESS AWARDS SWEEPSTAKES (PAGE 8)

Enter beginning October 6, 2015, at 12:01 a.m. (ET) through November 23, 2015, at 11:59 p.m. (ET). One (1) winner will receive two (2) tickets to the 2016 *Woman's Day* Red Dress Awards on February 9, 2016, at Lincoln Center, New York, NY, hotel for three days, two nights, February 8 and 9, 2016 (ARV: \$800), airfare for two (2) (ARV: up to \$1,600) and a check for \$1,000. (Total ARV: \$3,400.) Sweepstakes subject to complete official rules available at [womansday.com/reddressawardsweeps](http://womansday.com/reddressawardsweeps).

### WIN IT! SWEEPSTAKES (PAGE 14)

Enter beginning 12:01 a.m. (ET) on October 6, 2015, through 11:59 p.m. (ET) on December 6, 2015, for the **One World Play Project** Sweepstakes; between October 7, 2015, at 12:01 a.m. (ET) through December 7, 2015, at 11:59 p.m. (ET) for the **1Face** Sweepstakes; between October 8, 2015, at 12:01 a.m. (ET) through December 8, 2015, at 11:59 p.m. (ET) for the **Radio Flyer** Sweepstakes; between October 9, 2015, at 12:01 a.m. (ET) through December 9, 2015, at 11:59 p.m. (ET) for the **Cloud B** Sweepstakes; and between October 10, 2015, at 12:01 a.m. (ET) through December 10, 2015, at 11:59 p.m. (ET) for the **Battat** Sweepstakes. Sweepstakes subject to complete official rules available at [womansday.com/giveaways](http://womansday.com/giveaways).

### VACATION SWEEPSTAKES (PAGE 181)

Enter beginning 12:01 a.m. (ET) on October 7, 2015, through 11:59 p.m. (ET) on December 7, 2015. One (1) Winner(s) will receive a six-day cruise for two on **Carnival Cruise Lines' Carnival Breeze**. Package includes complimentary Internet, an ocean-view room and dinner for two in the Fahrenheit 555 Steakhouse. (Total ARV: \$1,758.) TRANSPORTATION NOT PROVIDED. Hotel accommodations are at Sponsor's discretion and subject to availability. Sweepstakes subject to complete official rules available at [womansday.com/giveaways](http://womansday.com/giveaways).

### SNAPSHOT INSTAGRAM CONTEST (PAGE 181)

NO PURCHASE NECESSARY TO ENTER OR WIN. September *Woman's Day* Snapshot Contest (the "Contest"). THIS CONTEST IS IN NO WAY SPONSORED, ENDORSED OR ADMINISTERED BY, OR OTHERWISE ASSOCIATED WITH, INSTAGRAM OR FACEBOOK. YOU UNDERSTAND THAT YOU ARE PROVIDING YOUR INFORMATION TO SPONSOR AND NOT TO INSTAGRAM OR FACEBOOK. Sponsored by Hearst Communications, Inc. Two ways to enter beginning October 7, 2015, at 12:01 a.m. (ET) through November 7, 2015, at 11:59 p.m. (ET), provided Entrant has the rights to these photographs: (i) Entrant must follow Sponsor's Instagram feed at [@WomansDayMag](http://@WomansDayMag) (the "Instagram Feed") and follow the online instructions to upload and submit one (1) photograph reflecting an image that makes her smile using #WDSnapshotContest to the Instagram Feed; or (ii) enter via email at [snapshot@womansday.com](mailto:snapshot@womansday.com) with your name, age, complete address and telephone number with the photograph attached to the email. One (1) Winner will have their photo featured in a future issue of *Woman's Day* and receive a \$50 credit to **Shutterfly.com** (ARV: \$50). Important Notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Must have reached the age of majority and be a legal resident of the U.S., DC or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Entrants via Instagram must have their Instagram setting set to "public." Contest subject to complete official rules available at [womansday.com/snapshot](http://womansday.com/snapshot).

## SHOPPER'S GUIDE

### DINING ROOM MAKEOVER (PAGE 36)

All items donated by **Cost Plus World Market**, available at [worldmarket.com](http://worldmarket.com): Antiqued Carved Disha Mirror (\$229.99) • Floral Medallion Tufted Wool Rug (\$699.99 for 8" x 10") • Glass Decanters with Wood Stopper (from \$24.99) • Natural Wood Connor Pillar Candle Holders (from \$14.99) • Organic Muir Bowls (\$27.96 for set of 4) • Oversized Gray Herringbone Table Runner (\$29.99) • Round Copper Tray (\$34.99) • Round Marble and Wood Pedestal Stand (\$24.99) • Sawyer Flatware (\$11.96 for set of 4) • Stone Blue Buffet Napkins (\$9.99 for set of 6) • White Baroque Dinner Plates (\$27.96 for set of 4) • Wooden Ball Drapery Rod (\$39.99) • Blue Herringbone Jute Sleeve-top Curtain (\$49.99 for 52" x 84").

Chestnut  
2837

Storm  
Blue  
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ITSTMH90



FROM THE WOMAN'S DAY ARCHIVES SEPTEMBER 1962

# No-Bake Chocolate Mousse Pie

See page 198 for recipe.

## THEN

The old version was topped with meringue and needed to be served immediately.

## NOW

We finished ours with a chocolate whipped cream so the whole pie can be made up to one day ahead.

## THEN

The original recipe called for a store-bought pie crust that required baking.

## NOW

We opted to make this a no-bake pie with a cookie crust, which shaves 30 minutes off the total time.

## THEN

In 1962, the mousse was set with gelatin, an ingredient that can be tricky to use.

## NOW

For easier prep with fool-proof results, we melted marshmallows with chocolate.



# DON'T BE CHICKEN.

## MAKE A GREAT SUPPER IN JUST 15 MINUTES.



### Sausage ~~CHICKEN~~ ALFREDO

READY IN: 1 HOUR **15 minutes**

#### **1 pkg. Hillshire Farm® Smoked Sausage**

~~3 chicken breast halves, cubed~~  
~~2 tbsps. butter, divided~~  
~~2 cloves garlic, minced, divided~~  
~~2 tbsps. chopped flat-leaf parsley~~  
~~1 1/2 tbsps. Italian seasoning~~  
~~1/2 onion, diced~~

~~1 1/2 tssps. salt~~  
~~1/2 tsp. ground white pepper~~  
8 oz. pasta, cooked, drained  
2 cups heavy cream  
2 tsp. Cajun seasoning  
1/2 cup grated Parmesan

1. Prepare pasta according to package directions; drain and set aside.

#### **Sauté sausage for 5 minutes.**

~~2. Cook chicken in butter, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink. Stir in onion and parsley; cook until onions are transparent.~~

3. Add ~~garlic cloves~~, cream and Cajun seasoning and boil. Reduce heat; simmer 3–4 mins. or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

*Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.*



More 15 minute sensations at [sausagesosimple.com](http://sausagesosimple.com)



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SAND BEIGE 152

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\*Results based on consumer responses in a 4-week clinical study with makeup on, after 4 weeks of use. \*\*Results based on consumer responses in a clinical study with makeup on, immediately after application.

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